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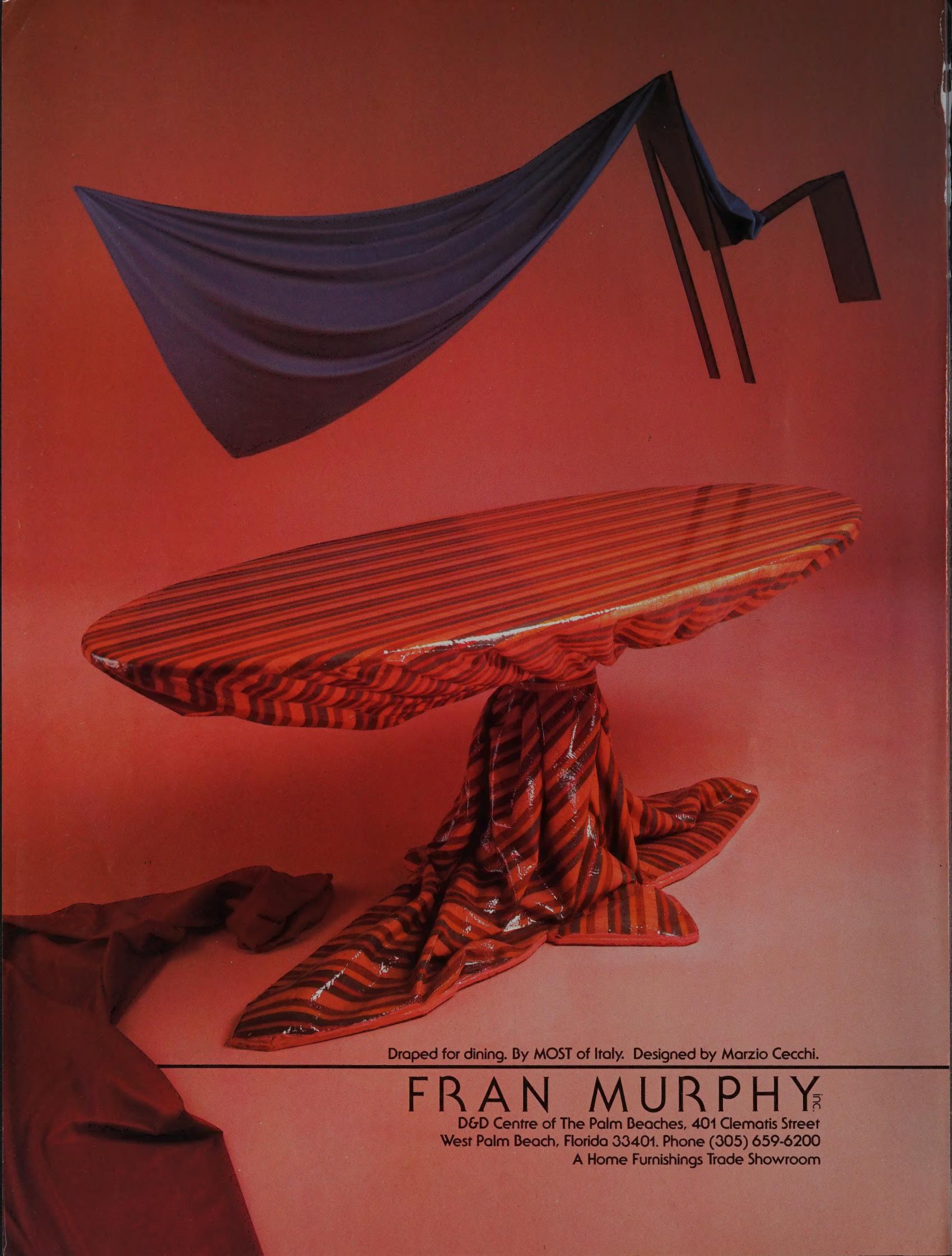
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# PALM BEACH

JULY 1985

VOL. 78, NO. 7



ON OUR COVER: Photographer Charles Gerli captures the excitement of the New York Fall Collections in a strikingly simple outfit by designer Donna Karan. For more fall fashions, turn to page 28.

## DEPARTMENTS

PB DATELINE by Agnes Ash .....	5
THE WINE MYSTIQUE: WORDS OF WINE AND WISDOM by Charles Calhoun .....	8
IN GOOD SHAPE: CALCIUM UPDATE by Joy Tomlinson Phelan .....	12
FIRST EDITIONS by Alden Whitman .....	16
DAYS & NIGHTS by Margaret May Lider .....	18
GROWING MY WAY: CONQUERING LAWN DISEASES by Bob Robson .....	22
COTTAGE COLONY by Shannon Donnelly .....	70
DISTINCTIVE DINING .....	76
THE STARS & YOU by Marilyn Tully .....	82
CROSSWORD PUZZLE by William Lutwiniak .....	84

## FEATURES

HIGH STYLE FOR FALL: THE BEST OF THE NEW YORK COLLECTIONS by Betty Yarmon .....	28
ENGLAND'S KEW GARDENS: A HORTICULTURAL RESERVE, RICH IN HISTORY by Evan Morgans .....	34
ON BOARD THE STELLA SOLARIS by Ellen Koteff .....	38
A VINTAGE PALM BEACH HOME by Doris Kidder Johnson .....	42
LANTANA: A TWO-BY-TWO TOWN WITH MILES OF CHARACTER by Susan Salisbury .....	46
STRAWBERRIES: SWEETS OF THE SEASON by Rosa Tusa .....	50
MENSA: THE SMARTEST LITTLE CLUB IN PALM BEACH COUNTY by Sue Browder .....	56

## SPECIAL FOLDOUT

SNAKES OF FLORIDA, PART II by Helen Shea Johnson .....	65
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AGNES ASH

## PB DATELINE

**E**veryone should have a proper breakfast. The public health nurse told me that at P.S. 82 in New York City when I was a first-grader. To this day, it is the only part of my education, except the order of the alphabet, that hasn't been refuted by new teaching methods.

What is a good breakfast? Now that's a question that got me in trouble the first time I answered it. The school nurse, after stating that everyone should have a good breakfast, asked every child what he or she ate in the morning.

Because of the ethnic mix of the class, reports were given that would now be used as the basis for rampant diet fads.

Pot cheese, kippers, pancakes with lingonberry jam, cream cheese and lox, refried rice, croissants and hot chocolate all were repeated. My own accurate statement was "kuchen and coffee."

An example was made of my breakfast, and me. It was pointed out as "the worst way to begin the day." Even though my coffee was 90 percent hot milk and my grandfather had risen early to bring in the butter-based coffee cake from the German bakery six blocks away, I received a low score for nutrition.

A girl who lived in an "elevator" apartment building next door to ours, got the A+ for breakfast. She had orange juice, eggs, toast and cod-liver oil. I was robust and full of energy while she was pale, listless, 10 pounds underweight and smelled fishy.

That illustrated evidence in my favor didn't shake the nurse's faith in her theory. She scolded me, wrote a note to my mother and praised Gloria.

Fortunately Gloria moved to Scarsdale before we analyzed dinner, exactly the right town for girls who ate English gentry breakfasts.

My mother did not challenge the nurse's text. In our family, anything dictated by school teachers or those with formal medical training was taken seriously and followed in spirit if not accurately, even when it was free advice.

However, my mother couldn't change her habits so easily. Instead, she gave me that wholesome meal for supper. Her theory was, "What difference does it make what time you have breakfast? At six o'clock you can eat bacon, eggs, toast, oatmeal and fruit." It worked. The next time we had a class nutrition checkup, I didn't tell the nurse what time I had breakfast, just what I ate.

The nurse sent a written commendation to my mother. Everyone was satisfied.

Now, years later, I don't care much for a nutritious breakfast eaten immediately upon rising. And, as part of my heritage, I don't like standing around like a short order cook waiting for the family to rise.

In our house everyone cooks his or her own breakfast. I am the only one who still gets a bad grade for morning nutrition.

If I smell bacon frying, I turn on the evening news — I don't roll out of bed. □



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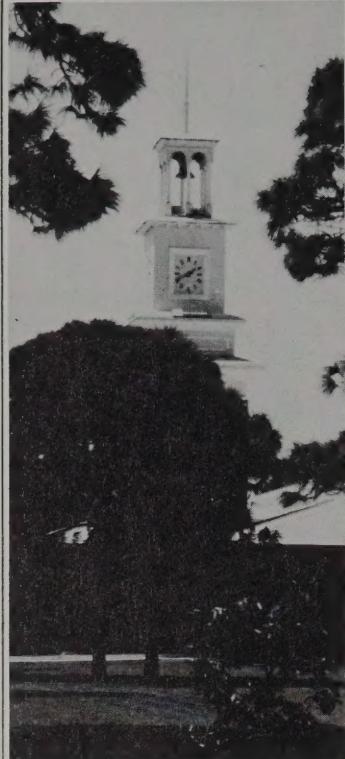
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CHARLES CALHOUN

## THE WINE MYSTIQUE

### WORDS OF WINE AND WISDOM

If half the pleasure of drinking wine is in talking about it with others, then we should be enjoying ourselves immensely, for at no time in the past was such an extensive wine vocabulary at the command of so many people. The sort of talk that would have seemed esoteric a generation ago, even among wine professionals — talk about tannins, residual sugars, volatile acidity, French oak and the like — is being casually batted around today in restaurants, shops and wine-tasting classes across the country.

Just how important a command of this vocabulary actually is to the enjoyment of wine, I'll pass over for the moment. I simply want to clarify four fairly new wine-related terms I've been hearing and reading a lot about lately — in case they've puzzled you.

For example, had any "food wine" lately? No, this is not a novelty product, like blueberry wine or Granny's dandelion liqueur. It is — are you quite ready? — it is wine intended to be drunk with food.

Now this puzzled me at first, for I'd been drinking almost all my wine with food for years. Oh, there was an occasional glass of cocktail-time sherry and some memorable German wines too intensely sweet and floral to match with anything on a mere plate. But 99 percent of what I consumed, if you'll pardon the shameless vulgarity of it all, washed down lunch or dinner.

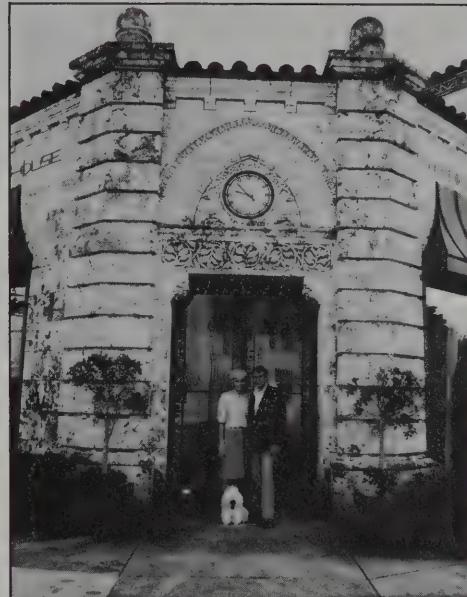
Of course I live on the East Coast, where it is often possible to buy nice little European wines of some refinement for considerably less than California wines with fashionable credentials. That this makes me something of a wimp was realized the other day when I read a well-known wine columnist's denunciation of domestic wines of "lean, austere personalities and modest character" designed for the table. He had worked himself into a tizzy, it seemed, at the thought that such wines were going to take over even in California and drive the big, complex, densely textured wines out of the market.

Yet the truth is that big wines, however imposing and slow to mature, were traditionally intended to be drunk with meals. It was not until the Californians began making chardonnays of such overwhelming oakiness and high alcohol and cabernets of such excessive oakiness and high tannin — in other words, wines which quite knowledgeable people might find interesting to taste, but were less than enthusiastic in welcoming at the dinner table — that it occurred to anyone to invent the "food wine" category. The term is meaningless except as trendy jargon for an everyday wine lighter in style than its California producer potentially could have made it.

My second term, "wine futures," is hardly new, but it has been heard more frequently of late, perhaps as a result of the highly praised 1982 vintage in Bordeaux and the dramatic increase in the buying power of the dollar abroad. It's a trade concept that has worked its way into more general circulation, particularly among well-heeled collectors and consumers, some of whom may enjoy the commodities speculation side of it as much as the taste of the wine itself.

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As far as I know, futures trading in wine is limited to red Bordeaux from a few dozen chateaus of well-established reputation. (It occurs to me that an expensive, long-lived wine like vintage port would also lend itself to futures trading, but if it does so, this must be a very obscure corner of the wine business.) A future is a contract to buy based on the opening price of a case of such wine, even though the wine is not yet bottled (since the price is usually set in the spring after harvest) and might not be released for three years or more.

Serious wine collectors buy futures for the obvious reason that the price at that moment (assuming it's a successful vintage) is as low as they think it ever will be and because supplies of such wines are limited. Speculators also dabble at such things — the wine may change hands several times even before it leaves the chateau — although wine is too unpredictable a commodity to make a very prudent investment. It is not that the wine will spoil — good claret is pretty sturdy stuff — but that demand for it can fluctuate dramatically, often for worldwide economic reasons which have nothing to do with the merits of the wine. Because of overheated speculation among other things, a lot of people were ruined in the 1972-73 Bordeaux crash. Nonetheless, if you are devoted to claret or like to gamble, there are several South Florida wine merchants who offer Bordeaux futures. Don't forget you'll have to find a suitable space to store your investment when it is delivered. Some of the larger wine shops rent space in their warehouses.

There is some debate as to who invented my third term, "blush" wine, but none as to its importance just now to the troubled California wine industry. What do you do when you've planted thousands of prime acres in red-wine grapes — yet the American public stubbornly prefers white wines? (The idea, widely believed in the 1970s, that consumers would "move up" from cheap, sweet white wines to drier ones then finally make the leap to high-quality reds is now totally discredited.)

What you do is make a wine that uses red grapes yet has the slightly-sweet fruitiness and ability to be chilled of the popular white wines — and sell it at a less-than-varietal price. Its color can range from the slightest tinge of bronze to something which until recently would have been called rose. It blushes, in other words. A vast amount of it is being made from zinfandel — by separating the clear juice from the dark skins fairly quickly, only a blush of color is picked up — though you can also find "white" merlot and cabernet. There is even a small quantity of a "pale pink" chardonnay at one Napa winery; by mistake, a little cabernet was pumped into a tank of chardonnay. It was too expensive to throw out, so they bottled it.

Blush wines have been made for some time, though only in the past year has their popularity spread so rapidly outside the wine country. They probably trace their origin to the "eye of the partridge" sparkling wines first made in California a century ago. Attempting to duplicate the champagne formula, the makers found California pinot noir was so heavily pigmented,



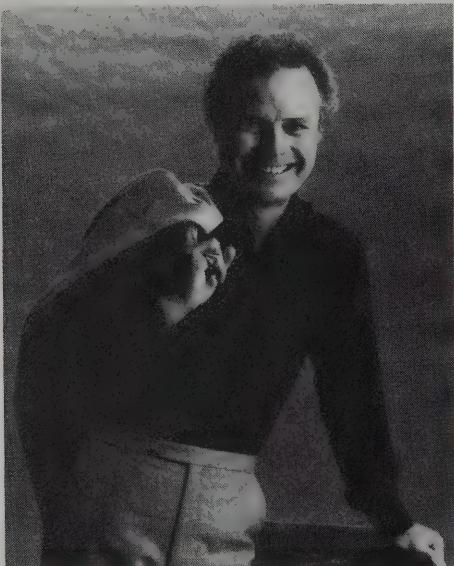
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it was impossible not to get a slight bronze tint in the wine.

Good blush wines are not too flabby or sweet and, unlike cheap roses, they retain some vestige of varietal character. They are selling quite well this summer and are expected to become a popular party drink.

"State-of-the-art technology" is another very California-sounding term — an instance of Napa borrowing from the not-too-distant Silicon Valley, I suppose — though I've heard European winemakers using it, too. I hesitate to give an example, for fear it will be outdated by the time this appears in print, but let me risk one: automated riddling machines. These duplicate the slight twist and turn of the champagne bottle on its rack (a traditional technique used to clear sparkling wine of its sediment) in a manner as gentle as the human hand but much, much quicker. An even more obvious example would be the increasing use of computers to control temperatures during fermentation.

Yet behind these new terms and new technologies, I expect the making and consuming of wine goes on much as it has for some 250 years. (I won't say "for centuries" because most of the practices we associate with wine and the wine trade — from cork-sealed glass bottles to well-stocked retail shops — go back to the 1700s at the earliest). Winemaking is simply the controlled fermentation and bottling of a very sweet kind of fruit juice; all the rest is variation on that ancient theme. But it is helpful — and pleasurable — to talk about these variations, even if we are the most casual of consumers, and a few technical terms, trendy or timeless, are of use to that end. □

*Charles Calhoun is a free-lance writer who divides his time between Palm Beach and a village on the coast of Maine.*

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# IN GOOD SHAPE

## CALCIUM UPDATE

**S**he had been a well-known beauty: delicate features, eyes and hair framed in dashing hats, a straight lissome body elegantly clad in the designer clothes that her wealth made easy to afford.

Today, she is wizened and crone-like, her head hunched forward on a neck too weak to support its weight. No designer's skill can camouflage the disfiguring dowager's hump between her shoulder blades. No wealth can rebuild her collapsed vertebrae or protect her splintering frame. Today, a ride in a car or turning over in bed is an invitation to fractured bones.

Osteoporosis — which literally means porous bones — is a cruel affliction that affects anywhere from 6½ to 15 million Americans, depending on the authority you choose to quote. It is, however, agreed that it is more common in women than men. Men do get the condition, but usually not until their late 70s or 80s. The male hormone, testosterone, helps keep men's bones intact. Unlike estrogen, which begins lessening in a woman's third decade and comes almost to a halt at menopause, testosterone decreases only gradually in men from age 40.

The bone disorder was not known as a medical menace until the middle of this century because earlier life spans were too short. Now it is believed that up to 40 percent of American women will develop osteoporosis. For one out of four women over 60, it is the major cause of spinal fractures. For one out of three women over 65, it is responsible for hip fractures. Nearly 20 percent of these victims die within a year from medical-related complications.

The most susceptible are white Celtic or Northern European and Oriental women because they tend to be small-boned, more delicately built and, hence, have less adult bone mass to start with. Men, and tall or obese women are relatively free from osteoporosis as are women with dark complexions, or women of Southern European extraction. In American black women the disorder is rare.

Women are victimized for a number of reasons. Generally, women have smaller, lighter skeletons and have traditionally been less physically active than men. Because women normally eat smaller portions than men, and spend much of their lives "dieting," their daily calcium intake suffers over a more prolonged period. Also, following menopause, women lose those hormonal benefits tied to estrogen production.

Among other responsibilities, estrogen acts like a chemical dam holding in balance the parathyroid hormone (PTH) secreted by the parathyroid glands in the neck. Without estrogen's influence the parathyroid hormone has a stronger effect on bones causing calcium

gion the sciatic notch — a gap in the rear bottom of the hip bone — widens faster in females than males. There are structural differences in the large central opening of the pelvis: it is heart-shaped in males, but circular in females.

There are also differences in male and female skulls but they don't become apparent until after puberty. In *The Skeleton*, a US News Book series on The Human Body, the editors describe the female skull as retaining "a youthful graceful aspect throughout life." Female skulls are "thinner" with "more delicate contours" and "have a proportionately smaller jaw." In the female, the breastbone is "broader and shorter." The female skeleton is also distinguished by "finer wrist bones."

All this delicacy exacts a price. Unfortunately, those fine wrist bones are among the first to suffer the consequences of osteoporosis — they are usually fractured when the hand is thrust out to cushion a fall.

Contrary to popular notion, bones are not hard, rock-like supports built to last forever. Since bones are used as "storehouses" for calcium (among other nutrients), the body is constantly remodeling them. Calcium is continuously ferried in by bone-building cells, then reabsorbed as needed by bone-dismantling cells. Dr. Susan Calvert Finn writes in "Bone Up On This Article" for 50 Plus magazine that the body needs to have calcium "on call" for many functions.

"Calcium in the blood," Dr. Finn observes, "is critical for the conduction of nerve impulses, heart function, muscle contraction, blood clotting and the activation of certain enzymes. Further, calcium controls the response of cells to certain chemical messengers in the body such as hormones. All of these functions are so important that the level of calcium in the bloodstream is carefully regulated to ensure that a constant supply is available to the cells. Whenever the blood calcium level drops, the dismantling cells begin to harvest the needed calcium from the bones."

As long as we get enough calcium in



to drain away at a faster than normal rate. Incidentally, this is a seldom-mentioned side effect of the all-too-often-performed total hysterectomy.

Any young premenopausal woman facing hysterectomy for fibroids or other uterine disorders should know that the cavalier removal of her ovaries (bilateral oophorectomy) at the time of surgery may well result in early-onset osteoporosis. Research has shown that the greatest loss of bone in these women occurs in the first six months following total hysterectomy. It has no effect, researchers say, on bone loss in women whose uterus may be removed but whose ovaries remain intact.

Male and female skeletal differences exist from birth. In the pelvic re-

## HEALTHLINE

*In The Works . . .* Dr. Penny Wise Budoff's book, *No More Hot Flashes* reviews experimental drug therapy presently being studied as a means of treating osteoporosis. The therapies include fluoride, anabolic steroids, a protein, and the most active form of vitamin D available. Dr. Budoff acknowledges that women should exercise and quit smoking but when osteoporosis is well established, "other more experimental treatments may have to be pursued."

Fluoride therapy, Budoff reports, "is tricky, because fluoride is a toxic element that has many side effects when it is taken in large doses. It can also create bone structure that looks great on X-rays but fractures easily."

Winstrol, an anabolic steroid that is a synthetic derivative of testosterone, is being tested on high-risk women for whom estrogen therapy is contraindicated. Side effects include increased facial hair, male pattern balding, nausea, vomiting, fluid retention, liver function abnormalities



REBECCA WARRICK BARBER

and adverse changes in blood fats.

Calcitonin, a protein, increases total body calcium primarily by decreasing bone reabsorption. Side effects include allergic reactions at the injection site.

Rocaltrol, the most active form of vitamin D, is "very potent and can produce many side effects; overdose can even be fatal." In Dr. Budoff's opinion the best therapy results to date have been combination therapy — "that is, calcium, estrogen, vitamin D and exercise. Experimental studies adding fluoride have also shown promise."

our diets throughout youth, Dr. Finn advises, the building cells are usually able to add more calcium than the dismantling cells need to take away. Vitamin D is also important because it aids calcium absorption. "The result is a continuing ability to build bone mass well into our mid-30s."

However, around that time conditions change. The body is less efficient at controlling the regulating mechanism. Bone building ceases, bone dismantling becomes dominant and a gradual weakening of the bones begins to take place. We do not absorb calcium as well as we age. "Absorption of calcium can diminish as much as 50 percent," says Dr. Finn.

Chances are we've helped the process. Inadequate diet, a sedentary lifestyle and cigarette smoking all play a role. Several studies show that three-

quarters or more of the women who develop osteoporosis smoke more than a pack a day.

In her "Personal Health" column for *The New York Times*, Jane Brody lists a question most often asked by women. "How much milk should I drink every day to get enough calcium?" The answer, she admits, elicits a gasp: "five glasses." Few Americans, at least few adult Americans, come anywhere near that level of calcium intake.

Brody finds the average middle aged American woman consumes only a third of the calcium she probably needs to maintain normal bone strength. Typical consumption in women over 45 is only 450 milligrams. Even the RDA (recommended daily allowance) of 800 milligrams is believed inadequate. Dr. Robert Heaney of Creighton University in

(Continued on page 69)



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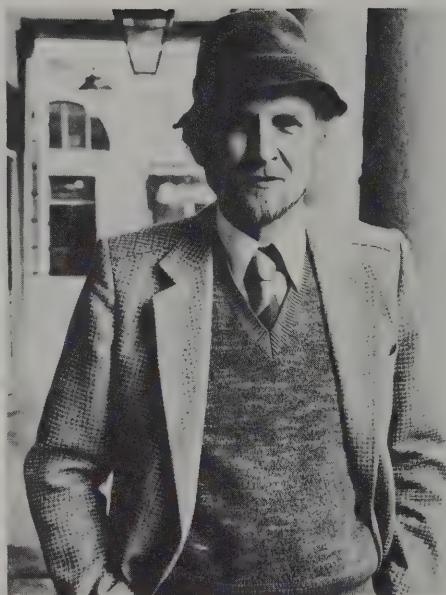
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# FIRST EDITIONS

The modern process of book publishing puts a special premium on sales, and this often leads to the mistaken conclusion that books that sell like hot cakes are superior to those of more modest appeal. An added syllogism follows — that the authors of the most popular books are the most profound writers. While we all tip our hats to fat royalty checks, we are more sophisticated than to believe they are an index to a writer's place in the literary firmament. These thoughts are by way of directing your attention to Norman Mailer, who since publication of *The Naked and the Dead* in 1948 has become an increasingly prominent presence in this country's literary life. Not every single one of his novels or nonfiction pieces has rung the bell, but they all have commanded attention. *Ancient Evenings* his novel-meditation on death under the Pharaohs, was a clunker, but critics, myself included, could only salute Mailer's daring in undertaking such a risky venture.

Mailer has created a persona as controversial as his books, owing to the public nature of much of his life. He has been belligerent and combative in his social criticism; his marital quarrels have spilled over into the press; and there have been times when booze got the better of him. Nonetheless, friends never ceased to admire his writing abilities and his versatility. All the more welcome therefore is Peter Manso's *Mailer: His Life and Times* (Simon & Schuster, \$19.95), which is not quite the biography that the title implies but rather an adroit weaving together of many versions of events in Mailer's life — he is now 62 — as recalled in interviews with members of his family, editors, friends, associates and even competitors. The contributors testify to the extremely wide variety of Mailer's experiences and they include such notable names as Alfred Kazin, William F. Buckley Jr., Diana Trilling, John Leonard, Arthur Schlesinger and Irving Howe. Mailer himself is also well represented by comments about himself, and his wives also have their say. So what we get is a kaleidoscopic view of the man



JERRY BAUER

Reginald Hill, author of *Exit Lines*, is a master of the perplexing plot and smart dialogue.

through his youth, his Harvard years, his marriages and his involvements in literary and political causes. The result is an exciting book about a dynamic personality whose profession just happens to be that of a writer. The book is by no means a critical examination of Mailer's writings, although you do come away with some knowledge of the contents of his books. Peter Manso has done a splendid job that I think you, too, will admire.

Last year T.E.D. Klein made his debut as a horror writer, with a novel called *The Ceremonies*. Those of you with long memories will recall that the book was previously praised in this column for its handling of the nightmarish world of the occult. Klein's talents as a graceful writer with an extraordinarily vivid imagination created something of a stir in horror circles, and I'm happy to see that he has taken advantage of it by publishing *Dark Gods* (Viking, \$15.95), a collection of four stories that only a writer with a keen sense of the mystic could have dreamed up. "Children of the Kingdom," the book's opening tale, is set in New York and provides an authentically grim background for Klein's ghoulish confection. The three other stories provide chills aplenty for those of

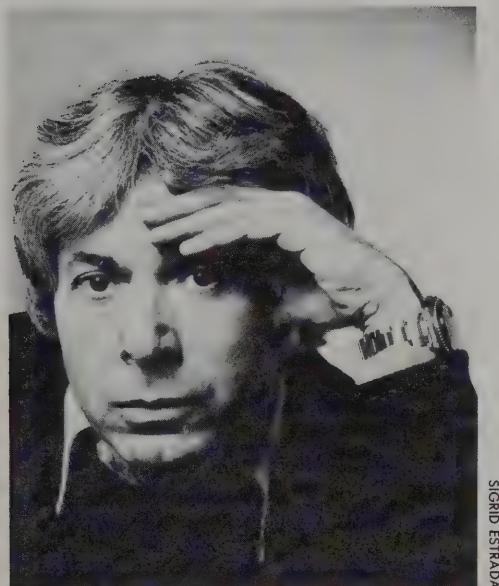
you who are getting hooked on the supernatural. I don't profess to know how T.E.D. Klein thinks up his plots, but they are not quite so far-fetched as one might suspect and there's nothing in them to offend the squeamish. One element that gives these stories their special force is the accuracy of detail. And the other element is the excellence of the writing. It's a pleasure to commend *Dark Gods*.

And while I am talking about books that send a tingle up and down the spine, may I report that Reginald Hill, the tireless British mystery writer, is up to some new tricks in *Exit Lines* (Macmillan, \$13.95), which features Peter Pascoe and Andy Dalziel, the British inspectors who have cooperated in previous whodunits. Hill is a master of the perplexing plot and smart dialogue and has this time performed a high-wire act. His book opens with the suspicious deaths of three elderly people, and it appears that Dalziel may be heavily involved. It is up to Pascoe to clear his companion, with some help from Sergeant Wield. The plotting is clever and the story is tense from start to climax. As a bonus, Hill has drawn his characters more sharply than usual, and with sympathy for the victims — all of whom are getting along in years and more than usually beset by their vulnerabilities.

Those who say that the only two things that are certain are death and taxes are forgetting the 76-year solar orbit of the Halley's Comet, which will pass near the earth later this year and be visible to the unaided eye. It will be around for a couple of months into early 1986, and it will be an awesome sight indeed in the night sky. The fabulous comet was discovered around 1700 by Edmond Halley, the British astronomer, who was working at the time with Isaac Newton. When the spectacular object was here in 1910, it set off a panic in Chicago, but this time there is a scant likelihood of such a civic commotion. A worldwide comet watch, in which amateurs can participate, is being planned.

All the facts and much of the lore of the comet have been assembled by Richard Flaste in *The New York Times Guide to the Return of Halley's Comet* (Times Books, \$16.95). Illustrated, the book will excite even those who rarely bother to look up at the stars, while others will certainly be encouraged to take a peek or two at one of the mightiest of the heavenly shows.

**A**nd while you're waiting for a glimpse of Halley's Comet, you'd be well-advised to read a novel that takes a beady-eyed view of social pretense in



Author Peter Manso weaves together many versions of the events in Norman Mailer's life.

America. It is Julie Ellis' *Rich Is Best* (Arbor House, \$16.95), and it concerns Diane Dickerson and Deirdre Swift, both post-debs and both best friends. Though they were not born with silver spoons in their mouths, they fell heirs at a very young age, with the result that they spent lonely childhoods in some of this earth's glitziest spas while their parents idled the hours away with titled friends. Like Gloria Vanderbilt and Barbara Hutton, these poor little rich girls grew up hungry for affection and for someone to take them seriously. Predictably, Diane and Deirdre both marry in haste — and more than once. Julie Ellis

writes with a light touch, but she does have a very keen eye and ear for the sights and sounds of life in the *Social Register* world just after World War II. There are some excellent touches about the Stork Club, Main Chance and the Greenbrier that are painted against some quick history. At the novel's conclusion, a reader will have a good portrait of two women who want to stop feeling sorry for themselves, but can't quite do it.

**T**he redoubtable John Irving, who wrote *The World According to Garp*, has a novel that is bound to stir controversy, which starts life with a 250,000 first printing, a promotion budget of \$200,000 and the full backing of the Book-of-the-Month Club. The book, called *The Cider House Rules* (Morrow, \$18.95), brings to life a cast of characters of happy eccentrics and is propelled by the author's conviction that a woman has a right to terminate an unwanted pregnancy. This is a point of view, I hardly need remind you, that is calculated to drive some people up the wall. The novel, however, is far from being a polemic or a tract, but rather is an interesting story of Dr. Wilbur Larch, an often feisty physician who is hooked on ether, and Homer Wells, an orphan the doctor loves like a son. While Larch favors abortion as a choice for young women facing pregnancies they do not want, Wells is the advocate on the other side of the argument. The novel's central tension is the conversion of Wells to Larch's point of view, but the change of mind is accomplished by having Wells encounter women trapped in the predicaments of pregnancy. Compassion is what in the final analysis dominates Wells' thinking, and this approach gives John Irving the opportunity to spin what amounts to a fetching love story and to make use of materials left him by a grandfather, a physician. Although the author has a serious concern to convey, he is a master at working in scenes of high comedy and of creating characters who engage our sympathy. No matter how you feel about

(Continued on page 81)

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# DAYS & NIGHTS

Following is a list of area events for the month of July. Although we make every effort to ensure accuracy in our calendar, occasionally schedules change after we go to press.

## THEATER

**Actor's Workshop and Repertory Company.** 308 S. Dixie Highway, West Palm Beach. 655-2122. Friday and Saturday at 8 p.m.; Sunday matinee at 2:30 p.m. Through July 7, *The Murder of Tschaikowsky* by John Stuart Anderson. East Coast premiere of the English playwright's romantic fantasy.

**Burt Reynolds Jupiter Theater.** 1001 Indiantown Road, Jupiter. 746-5566. Dinner service begins two hours before show. Curtain time Tuesday through Saturday at 8:30 p.m.; Wednesday and Saturday matinees and Sunday champagne brunch at 1:30 p.m. Now through August 4, *A Chorus Line*. The 1976 Tony Award and Pulitzer Prize winning musical.

**Florida Atlantic University Theater.** University Theater, Glades Road, Boca Raton. 393-3809, 393-3758. Presented by the University Residency Theater Association. Summerfest Theater Repertory '85, July 3 through 14. Wednesday through Saturday at 8 p.m. Sundays at 2:30 and 8 p.m. Series includes three plays in rotation, *Comedy of Errors*, by William Shakespeare; *The Rivals* by Richard Sheridan and *Uncle Vanya* by Anton Chekov.

**Jan McArt's Royal Palm Dinner Theater.** 303 Golfview Drive, Boca Raton. 426-2211. Dinner service begins two hours before show. Curtain time Tuesday through Saturday at 8 p.m.; Sunday at 6 p.m., Wednesday and Saturday matinees at 2 p.m. July 2 through August 11, *In Night Watch* by Lucille Fletcher. This suspense play stars Brian C. Smith, Jan McArt and Susan Hatfield.

**Little Palm Theater for Children.** Royal Palm Theater Center, 303 Golfview Drive, Boca Raton. 395-7975. Each Saturday morning at 9:15. July 6 and 13, *Tom Sawyer*, life along the Mississippi River. July 20 and 27, *Snow White and the Seven Dwarfs*.

**Musicana Dinner Theater.** 1166 Marine Drive, West Palm Beach. 683-1711, 428-6018. Dinner at 6 p.m. followed by the show. Dancing between acts. Tuesday through Sunday. July 2 through August 4, *Moments to Remember*. A musical and dance revue.

## MUSIC

**Boca Raton Symphonic Pops.** Mark Azzolina, conductor. Boca Raton Hotel and Club, Camino Real, Boca Raton. 391-6777. July 3 at 8 p.m., A Star Spangled Spectacular, concert of all-American favorites. July 26 at 8 p.m., Salute to Disney, favorite melodies and theme songs. Both concerts have table seating in the Great Hall.

**Florida Music Festival.** The seventh annual festival presents classical, pops, dance, jazz and comedy. The festival opens July 4 and continues through July 27. For ticket information call 474-7600 in Broward and 391-9636 or 393-3758 in Palm Beach County. July 4 at 8 p.m. City of Plantation Central Park, outdoor pops concert. July 5 at 8 p.m. George English Park, Fort Lauderdale, Starlight Musical Series, outdoor concert. July 6 at 8:15 p.m. Bailey Hall, Broward Community College, 3501 S.W. Davie Road, Fort Lauderdale. Gershwin in Hollywood, gala opening concert featuring arranger Don Rose and Gershwin's film music. July 10 at 8:15 p.m. Bailey Hall, Broward Community College, 3501 S.W. Davie Road, Fort Lauderdale. Florida Festival Orchestra, guest conductor Manuel Gadulf. Peter Michahalik, violinist. July 12 at 8:15 p.m., Florida Atlantic University Center Auditorium, Glades Road, Boca Raton. American Ballet Company. Humorous story ballets and comic dance sketches. July 13 at 8:15 p.m. Bailey Hall, Broward Community College, 3501 S.W. Davie Road, Fort Lauderdale. American Ballet Company. July 17 at 8:15 p.m. Bailey Hall, Broward Community College, 3501 S.W. Davie Road, Fort Lauderdale. Florida Festival Orchestra. Maestro James Brooks, conductor. Jonathan Bass, pianist, winner of the 1984 American National Chopin Competition. July

## PREVIEW

Make no mistake, summertime in South Florida is still music and dance time. The beat goes on! When the hot sun goes down, the cool musicians come out to play. And, you can bet on some first class music-making when the musicians are members from name orchestras like the New York Philharmonic, the Philadelphia Orchestra, the Rotterdam Philharmonic and the Puerto Rico Symphony to name just a few. Together they form, with their colleagues, the Festival Orchestra of the Florida Music Festival. This orchestra and its maestro, South Florida Symphony conductor James Brooks, are the major components in the Florida Music Festival.

The seventh annual Florida Music Festival of music and dance takes place from July 4 through the 27 with activities in Palm Beach and Broward counties. It's become a tradition for the area, a boost to tourism, and a joy for discerning music and dance audiences. The festival is sponsored by the South Florida Symphony Orchestra Association, which recently merged with the Greater Miami Symphony. During July more than 20 events will take place in the two-county area. Take your pick from a diverse program of classics, pops, dance, jazz and comedy.

For jazz buffs, the festival is presenting Newport Revisited, featuring jazz greats Flip Fillips and Don Goldie. It's a trip down memory lane with the Kingston Trio — a journey back to 1957 when the three clean-cut, outspoken Menlo College students started singing in coffeehouses around San Francisco. Songs like the "M.T.A.," "Scotch and Soda," "Tijuana Jail" and "Worried Man" became classics and gold records. This summer, original Kingston Trio member Bob Shane joins George Grove and Roger Gambill to bring back the mood of the '60s in their concerts with the Festival Orchestra.

Gershwin in Hollywood is the festival's gala opening night program at Bailey Hall. The July 6th performance features Don Rose who won an Academy Award as an arranger for the film "Chariots of Fire" and is a Gershwin scholar. Would you believe that he found 70 cartons containing original manuscripts, several unpublished, attributed to Gershwin, Richard Rodgers, Cole Porter and other notable composers from the Roaring '20s? It's true!

During the second festival week, the



Kingston Trio, Florida Music Festival

American Ballet Comedy will be in residence. With a sneaker and a toe shoe as their logo, you know it's going to be a program of expect-the-unexpected in dance. The fast-paced entertainment spoofs ballet with skill and taste. It's a hilarious evening of comic pieces and story ballets such as "Faux Pas de Trois," "Baby Bobby's Backyard" and "Pas de Trois Pour La Psychologie Contemporaine."

For the serious balletomane the festival's closing programs on July 26 and 27 will feature Joffrey Ballet Company principal dancers Glenn Edgerton, James Canfield and Patricia Miller. The evening of dance also features Louisville Ballet Company member Denyse Buzzese. The Joffrey Ballet's long history goes back to 1956 when Robert Joffrey launched his troupe of high-spirited, energetic and talented dancers. Resident choreographer and co-artistic director Gerald Arpino was among the founders. His work, "The Italian Suite" will be danced by Canfield and Miller at the festival along with the "Light Rain Pas de Deux."

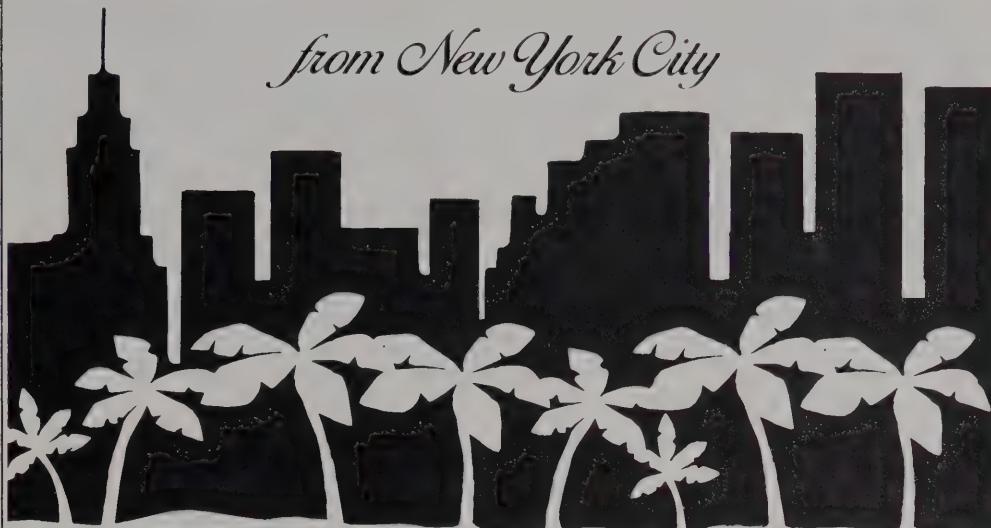
Classical music aficionados also have many programs to choose from during the four-week festival. Maestro James Brooks has invited pianist Jonathan Bass who is the 1984 American National Chopin Competition winner; Manuel Gadulf, the guest conductor and founder of the Chamber Orchestra of Seville, and violinist Peter Michahalik to join the festival orchestra.

For a complete schedule call the Florida Music Festival office at 474-7660. A tentative festival schedule is listed in the "Days and Nights" column.

19 at 8:15 p.m. Florida Atlantic University Center Auditorium, Glades Road, Boca Raton. Kingston Trio with the Florida Festival Orchestra. Guest conductor, Morty Jay. July 20 at 8:15 p.m. Bailey Hall, Broward Community College, 3501 S.W. Davie Road, Fort Lauderdale. Kingston Trio with the Florida Festival Orchestra. Guest conductor, Morty Jay. July 24 at 8:15

p.m. Bailey Hall, Broward Community College, 3501 S.W. Davie Road, Fort Lauderdale. Newport Revisited. Jazz greats Flip Fillips and Don Goldie. July 26 at 8:15 p.m. Florida Atlantic University Center Auditorium, Glades Road, Boca Raton. Ballet and Orchestral Spectacular. Principal dancers of the Joffrey Ballet Company. July 27 at 8:15 p.m. Bailey Hall, Broward Commu-

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nity College, 3501 S.W. Davie Road, Fort Lauderdale. Ballet and Orchestral Spectacular. Principal dancers of the Joffrey Ballet Company.

**Gordon Lightfoot.** Sunrise Musical Theater, 5555 N.W. 95 Ave., Sunrise. 471-4600, 741-7300. July 12 at 8 p.m.

**The London Symphony Orchestra.** Peabody Auditorium, Daytona Beach. (904) 257-2667. July 14 through 20, series of six concerts of classical and popular music.

**Madama Butterfly.** Henry Morrison Flagler Museum, One Whitehall Way, Palm Beach. 655-2833. July 4 at 6 p.m., mini-opera production presented by the Junior Opera Guild of the Palm Beach Opera. Outdoor concert with audience seated on the lawn. Bring your own picnic supper.

**Starlight Musical Concerts.** George English Park, Fort Lauderdale. 761-2621. Each Friday evening at 8. Variety of entertainment from classical to country.

#### ART

**Art in Public Places.** West Palm Beach, Delray Beach and Palm Beach Gardens, county governmental centers. 659-4460 or 276-1522. Monday through Friday 9 to 5 p.m. July 12 through 31, "Living Gallery." Exhibition of paintings, sculpture and photography by Palm Beach County artists.

**Bass Museum of Art.** 2121 Park Avenue, Miami Beach. 673-7530. Tuesday through Saturday 10 a.m. to 5 p.m.; Sunday 1 to 5 p.m. July and August, "Selections from the Collection: 19th and 20th Century Art Works."

**China, Pottery and Eleventh Annual Depression Era Glassware Show.** Lakeland Civic Center, 700 W. Lemon Street, Lakeland. (813) 682-1715. July 13 and 14, 11 a.m. to 5 p.m. Featuring seminars on Cambridge, Heisey and Fostoria, as well as glassware to intrigue the beginner, service the collector and cater to the connoisseur.

**Lowe Art Museum.** 1301 Stanford Drive, University of Miami, Coral Gables. 284-3535. Tuesday through Friday, noon to 5 p.m.; Saturday 10 a.m. to 5 p.m., Sunday 2 to 5 p.m. Now through August 18, "Contemporary Works on Paper: Recent Acquisitions." "The Art of the Andes." Ceramic works from the Arthur M. Sackler Collection, which includes pre-Columbian and Peruvian artifacts.

**Miami Center for the Fine Arts.** 101 W. Flagler St., Miami. 375-1700. Monday, Tuesday, Wednesday and Friday 10 a.m. to 6 p.m.; Thursday 1 to 9 p.m.; Saturday 10 a.m. to 5 p.m.; Sunday noon to 5 p.m. Now through September 2, "Jan Groover Photographs" and "Marc Chagall: Works on Paper."

**Morikami Museum Art Gallery.** 4000 Morikami Park Road, Delray Beach. 495-0233, 499-0631. Tuesday through Sunday from 10 a.m. to 5 p.m. Now through September 30, "Three Potters." Recent works by Nobuko Kimura, Kazuko Kayasuga Mathews and Ted Saito. Now through August 30, "Ice and Fire." The delights of summer in Japan.

**Norton Gallery of Art.** 1451 S. Olive Ave., West Palm Beach. 832-5194. Tuesday through Saturday 10 a.m. to 5 p.m.; Sunday 1 to 5 p.m. "Aspects of the Permanent Collection."

**Science Museum and Planetarium of Palm Beach County.** 4801 Dreher Trail North, West Palm Beach. 832-1988. Museum hours. July 1 through August 31, "Bubble Magic." The beautiful colored bands seen in the soap film encourage museum visitors to roll up their sleeves, blow bubble sculptures and create a little bubble magic. Opens July 1 through September 30, "Our Radioactive World."

#### DANCE

**American Ballet Comedy.** Florida Music Festival, Florida Atlantic University Center Auditorium, Glades Road, Boca Raton. July 12 at 8:15 p.m.; Bailey Hall, Broward Community College, 354 S.W. Davie Road, Fort Lau-

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derdale, July 13 at 8:15 p.m. Humorous story ballets and comic dance sketches.

**Ballet and Orchestral Spectacular.** Joffrey Ballet Company principal dancers. Florida Music Festival. Florida Atlantic University Center Auditorium, Glades Road, Boca Raton. July 26 at 8:15 p.m.; Bailey Hall, Broward Community College, 3501 S.W. Davie Road, Fort Lauderdale. July 27 at 8:15 p.m., the Florida Festival Orchestra with Maestro James Brooks. Principal Joffrey Ballet dancers James Canfield, Pat Miller and Allen Edgerton. International ballerina Denyse Brusseze.

**The Hartford Contemporary Dance Theater.** Actor's Workshop and Repertory Company. 308 S. Dixie Highway, West Palm Beach. 655-2122. Friday and Saturday at 8 p.m.; Sunday at 2:30 p.m. July 12 through August 4. This outstanding troupe has a unique Broadway approach to dance. Stephen Semien directs the song, dance and music revue.

**Japanese Folk Dancing.** Morikami Museum of Japanese Culture, 4000 Morikami Park Road, Delray Beach. 495-0233, 499-0631. July 28, noon to 5 p.m. Demonstration and group participation in traditional Japanese dancing.

#### LECTURES

**Palm Beach County Public Library.** Central Branch. 3650 Summit Blvd., West Palm Beach. 686-0895. July 16 at 2 p.m., "Film: A Reflection of American Values." Slide-lecture presented by Brian Kelly, A-V librarian. July 18 at 2 p.m., "Holistic Massage." July 25 at 2 p.m., "Holistic Medicine." Both lectures by Gayle Temkin of the American School of Holistic Massage.

**Palm Beach County Public Library.** Green Acres Branch. 964-2525. July 24 at 2 p.m., "Massage Therapy." Introductory program presented by the School of Holistic Massage.

**Palm Beach County Public Library.** Palm Beach Gardens Branch. 626-6133. July 16 at 7:15 p.m., "Holistic Massage." July 23 at 7:15 p.m., "Holistic Medicine." Both lectures by Gayle Temkin of the American School of Holistic Massage.

#### SPECIAL EVENTS

**Boca Raton Historical Society.** Guided tours of the Boca Raton Hotel and Club. East Camino Real, Boca Raton.

392-3003, 395-6766. Special group tours of the hotel given by the Historical Society available upon request. Donations benefit restoration of Town Hall.

**Bonsai for Young People.** Morikami Museum of Japanese Culture. 4000 Morikami Park Road, Delray Beach. 495-0233, 499-0631. July 10 from 9 a.m. to noon.

**Festival of Afro-Arts.** Gaines Park, West Palm Beach. 845-4034. Daytime and evening. July 6 through 14. Performances, lectures and workshops.

**Japanese Artifact Identification.** Morikami Museum of Japanese Culture. 4000 Morikami Park Road, Delray Beach. 495-0233, 499-0631. July 13, 2 to 3 p.m.

**Japanese Garden Tour.** Morikami Museum of Japanese Culture. 4000 Morikami Park Road, Delray Beach. 495-0233, 499-0631. Every Wednesday at 2 p.m.

**Sea Fest '85.** Science Museum and Planetarium of Palm Beach County. 4801 Dreher Trail North, West Palm Beach. 832-1988. July 12, 13 and 14.

#### FILMS

**Le Cinema Series.** Palm Beach County Public Library. Central Library, 3650 Summit Blvd., West Palm Beach. 686-0895. July 5 at 7:30 p.m., "La Guerre est Finie." The Spanish film is about a revolutionary who is being sold out. Film repeats at West Atlantic Branch, 7777 W. Atlantic Ave., Delray Beach. 489-3101. July 11 at 12:30 and 3 p.m.

**Palm Beach County Public Library Film Series.** Central Library, 3650 Summit Blvd. West Palm Beach. 686-0895. Each Wednesday at 2 p.m.; West Atlantic Branch, 7777 W. Atlantic Ave., Delray Beach. 489-3110. Each Tuesday at 1:30 and 3 p.m.; Southwest County Branch, 8221 W. Glades Road, Boca Raton. 482-4553. Each Wednesday at 2 p.m.; Greenacres Branch. 964-2525. Each Tuesday at 2 p.m.; Palm Beach Gardens Branch. 626-6133. Each Wednesday at 2 p.m.

**"Swing High Lanterns!"** Morikami Museum of Japanese Culture. 4000 Morikami Park Road, Delray Beach. 465-0233, 499-0631. July 16 through 21, daily from 10 a.m. to 5 p.m. Continuous showings of a 30-minute film on Japanese culture and traditions.

#### SPORTS

**Biscayne Kennel Club.** 320 N.W. 115 St., N. Miami. 754-

3484. Greyhound racing nightly except Sunday. Post time 7:45 p.m. Now through July.

**Calder Race Track.** 21001 N.W. 27 Ave., Miami. 625-1311. Thoroughbred racing daily except Sunday. Post time 1 p.m. now through November.

**Fort Lauderdale Yankees.** Fort Lauderdale Stadium. 776-1921. Game times: singles at 7:30 p.m.; doubleheaders at 6:30 p.m. Now through August.

**Miami Jai-Alai.** 37th Avenue and 36th Street, Miami. 633-6400. Post time 7:15 p.m. nightly except Sunday;



American Ballet Comedy  
Florida Music Festival

Monday, Wednesday and Saturday a matinee at noon. Now through September.

**West Palm Beach Expos.** West Palm Beach Municipal Stadium. 686-0030. Game times: single at 7:30 p.m.; doubleheaders at 6:30 p.m. Now through August.

#### ATTRACTI0NS

**Ann Norton Sculpture Gardens Inc.** 253 Barcelona Road, West Palm Beach. 832-5328. Open Monday through Saturday from 2 to 4 p.m. Three gardens contain the permanent collection of monumental brick sculptures which are displayed in a garden atmosphere.

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**The Discovery Center.** 231 S.W. 2nd Ave., Fort Lauderdale. 462-4115. Open Tuesday through Friday, 2 to 5 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, 1 to 5 p.m. A science and history museum that invites you to participate in hands-on exhibits, workshops and special events.

**Dreher Park Zoo.** 1301 Summit Blvd., West Palm Beach. 585-2197. Open daily from 9 a.m. to 5 p.m. Highlights include the Betty Cardinal nature trail, zoological exhibits and botanical gardens.

**Elliott Museum.** Located on Ocean Boulevard (A1A), five miles east of Stuart on Hutchinson Island. 225-1961. Open 1 to 5 p.m. daily. The museum houses a collection of antique automobiles and cycles and features contemporary art exhibitions. One wing holds replicas of 14 Early American shops, including a general store.

**Henry Morrison Flagler Museum.** One Whitehall Way, Palm Beach. 655-2833. Open Tuesday through Saturday, 10 a.m. to 5 p.m.; Sunday, noon to 5 p.m.

**Hibel Museum of Art.** 150 Royal Poinciana Plaza, Palm Beach. 833-6870. Open Tuesday through Saturday, 10 a.m. to 5 p.m.; Sunday, 1 to 5 p.m. The Craig Collection of artist Edna Hibel's works.

**House of Refuge.** Hutchinson Island, Stuart. 225-1961. Open daily except Monday and holidays, 1 to 5 p.m. Commissioned in 1875 by the U.S. Life-Saving Service to aid shipwrecked sailors, the Gilbert's Bar House of Refuge is completely restored. The boat house contains nautical memorabilia and the main house is decorated in late Victorian style.

**Island Queen Riverboat.** Phil Foster Park, Blue Heron Boulevard, Singer Island. 842-0882. A Mississippi-style paddlewheeler that sails on the Intracoastal. Four cruises daily with historical narration and background music of Dixieland jazz.

**Jonathan Dickinson State Park.** Off U.S. Highway 1, Hobe Sound. 546-7199. Guided nature cruises leave from the park marina daily (except Monday) at 1 p.m. Picnic and camping facilities available.

**Morikami Park.** 4000 Morikami Park Road, Delray Beach. 499-0631. Open Tuesday through Sunday, 10 a.m. to 4 p.m. Japanese museum and gardens.

**Mounts Horticultural Learning Center.** Palm Beach County Cooperative Extension Service, Mounts Agricultural Center, 531 N. Military Trail, West Palm Beach. 683-1777. Open Monday through Saturday from 8:30 a.m. to 5 p.m.

**Norton Gallery of Art.** 1451 S. Olive Ave., West Palm Beach. 832-5194. Tuesday through Saturday, 10 a.m. to 5 p.m.; Sunday, 1 to 5 p.m. One of the outstanding small art museums in the country, the Norton has a distinguished permanent collection. Major areas include Impressionist and Postimpressionist masterpieces, American art from 1900 to the present, a fine Chinese collection and important pieces of sculpture.

**Lannan Foundation Museum.** 601 Lake Ave., Lake Worth. 582-0006. Open Tuesday, Thursday and Saturday from 10 a.m. to 5 p.m.; guided tours at 2 p.m. A private collection of contemporary art reflecting the developments in painting, sculpture, glass and ceramic works over the last 35 years.

**Science Museum and Planetarium.** 4801 Dreher Trail, Dreher Park, West Palm Beach. 832-1988. Open Tuesday through Saturday, 10 a.m. to 5 p.m.; Sunday and Monday, 1 to 5 p.m.; and Friday, 6:30 to 10 p.m. The sciences from astronomy to oceanography are explored through a variety of exhibits.

**Singing Pines Museum.** On the Northwest 4th Diagonal, Boca Raton. 368-6875. Open Tuesday through Friday, 10 a.m. to 4 p.m.; Saturday, 10 a.m. to 1 p.m. The oldest unaltered wooden structure in the Boca Raton area (built in 1911), the museum serves as a constant reminder to the community of its beginnings.

**Society of the Four Arts.** Four Arts Plaza, Palm Beach. 655-2766. Library and gardens are open 10 a.m. to 5 p.m., Monday through Friday. Beautiful gardens and exotic plants as well as several small demonstration gardens maintained by the Garden Club of Palm Beach.

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BOB ROBSON

# GROWING MY WAY

## CONQUERING LAWN DISEASES

Lawngrasses, which are among the plant materials common to South Florida landscapes, are at great risk through the hot, humid months of summer from a variety of problems. Though most homeowners are familiar with the more common insects, chinch bugs, armyworms, sod webworms, mole crickets and some others, more subtle dangers are not as easily recognized.

Some occur in response to climatic conditions common to the subtropics, and these conditions baffle and confuse those arriving from northern cold to temperate zones. Drought is one. The porous soil of South Florida leaves much to be desired in moisture and nutrient holding qualities.

Despite the "rainy season" that prevails from June to November, close attention to watering is a measure of prevention. Granted that during this time we will have some deep, penetrating downpours, but the opposite is more likely. Those are the light, short-lived, but vigorous appearing showers that are frequently misread as soil soaking rains. What immediately follows is a blazing, hot sun and quite often an accompanying dry wind. Given this, the moisture that was delivered is short lived. As early as the next day the lawn is back to dry.

Excessive moisture can also be a problem. Too much rain or a sprinkler system, clocked to daily distribution, loads the soil with too much water. It isn't easy to over water a Florida lawn. However, in areas where grasses are growing under poor drainage conditions, those that are low, swales and the like, roots become waterlogged and the grass suffocates for the lack of oxygen. Generally to avoid both conditions, watering to a depth of 1 inch should be done two to three times per week throughout the summer, when a good soaking rain hasn't occurred.

Many lawns are damaged and in some cases killed, by improper maintenance practices. The worst of these may be scalping (mowing too closely). Another is thatch. This is the longtime accumulation of dead and dying organic residues that create a thick, spongy turf that

inhibits moisture and nutrients from reaching the roots.

Weed killing chemicals used during the soaring heat of summer can kill the grass along with the weeds. It is recommended that their use be discontinued by the end of June or earlier, if temperatures are consistently at or above 85 degrees.

Another summer lawn problem, less well known and more difficult to diagnose is disease.

Diseases are spawned by the harsh elements of summer, lots of rain, very hot days and warm, humid nights. The best defense is to try and maintain the lawn with a minimum of water rather than maximum amounts. Try for twice a week. Water at first sign of wilt. Water



well and deep and then lay off until signs of dryness appear again. Pay particular attention to areas that are shaded ... they will need even less. Apply an inch of water each time. Water in the daylight hours. Preferably before 3 p.m. so that leaves and stolens have a chance to dry before nightfall.

Physical damage can cause symptoms similar to disease. This can be from nematodes, insects (especially the sucking types such as chinch bugs), accidental spillage of toxic materials like mineral spirits, undiluted insecticides, or fertilizer that is not watered in well, and, mower scalping. These signs should be eliminated first. A signal that confirms the disease is a spreading of the symptoms. Affected areas increase in size.

Turfgrass diseases, though they can kill the grass in severely affected areas, are more commonly associated with turf thinning and disfigurement.

When all efforts to prevent disease fail, fungicides are available at garden supply outlets that will provide control. What follows are the most common diseases and the grass types affected, a brief description of symptoms, and some, but not all of the materials recommended for control. Consult a professional lawn spraying firm, take samples to a County Extension Service office or knowledgeable garden supply dealer.

The materials are expensive and will require frequent applications throughout the summer. However, the cost will be nowhere near approximate lawn replacement.

- Brown Patch (*Rhizoctonia solani*). St. Augustine, bahias, Bermuda, zoysia and centipede. Grass killed in circular patterns beginning in small spots and expanding to several feet in diameter. Daconil, Fore. Four ounces per 1,000 square feet.

- Dollar Spot (*Sclerotinia homoeocarpa*). Same grasses as above. Grass killed in distinct patches that are 2 to 3 inches in diameter. Silver dollar-like patches look like bleached straw. Lesions are seen on grass blades at the outer margins of the small patches. Daconil at same rate. But before that, try an application of high nitrogen fertilizer.

- Gray leaf spot (*Piricularia grisea*). St. Augustine and ryegrass. Round to oblong spots on the leaves that are brown to ash colored with purple to brown margins. Spots may be covered with gray mold in warm, humid weather. In severe cases may also occur on the stems and the leaves will take on a scorched appearance.

- *Helminthosporium* (*Helminthosporium spp.*). St. Augustine, Bermuda, zoysia and ryegrasses. Small, oblong purplish to brown spots on the leaves. Spots may have a brown center. Heavily infected leaves will wither and die. There will be an overall thinning of the turf. Some rotting in leaf sheath may occur. Daconil, Fore at above rates.

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• Fairy Ring (*Lepiota, several species*). Initially, grass in center seems to be stimulated to good growth in a circular pattern. In a few weeks the grass in these areas will begin to decline. Mushrooms or toadstools, as many call them, are sometimes involved with fairy ring fungus. Not easy to control. Suggest use of additional fertilizer will be helpful in reestablishing growth.

• Slime mold. This is not a disease, however it affects all grasses and causes gardeners to wonder about damage. The grass is covered with a gray-to-black-like mold growth or is covered with distinguishable white or yellow masses. Especially active in extremely warm, humid and wet periods.

*Gardening Tips for July*

**Lawns:** Keep mowed at proper height. Avoid scalping. Keep well watered but not excessively wet to avoid disease. Remove or catch grass clippings to reduce fungus diseases. Inspect weekly for chinch bugs in St. Augustine.

**Pruning:** Good idea to begin to reduce large trees and overgrown shrubs as we head into the hurricane season. Clip hedges regularly for shape and good regrowth.

**Planting:** Ideal time to plant or transplant trees and shrubs. Sod or seed new lawns. Keep newly planted materials well watered until established. Lack of sufficient water with new plantings is greatest cause of failure.

**Propagation:** Make air layers and start cuttings. Also propagate new house plants to replace those that are fading.

**Insects:** Check all types of landscape material now for various chewing and sucking insects. Pick off when feasible and spray only those plants that are affected. It is not necessary to spray an entire landscape where the insect and its host consist of but one or two incidences.

**Fertilizer:** Feed newly planted shrubs and trees each month for first six months. Feed all items such as roses and house plants on regular schedule.

**Watering:** Rainfall average about 7 inches. This is frequently widely scattered and in showers. Keep all landscape plants and trees well watered. Do not overwater lawns and confine lawn watering to daylight hours. □

*Bob Robson is a member of the Garden Writers Association of America.*

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# HIGH STYLE FOR FALL

*The Best of the  
New York Collections*

BY BETTY YARMON

Women interested in wearing designer clothes will have an abundance of riches to select from this fall, when the clothes recently previewed in New York reach local retailers.

An overview of Fall 1985 convinces the viewer that the fashion scene in America is alive and well and in top form this year. American fashion has a special stamp — a clarity of line and form; clean, clear colors and silhouettes that embrace, but never overpower, the body. There is never an attempt to shock the observer.



## Geoffrey Beene

Beene believes in revealing the sexy body of his customer. His skirts fit snugly and he believes that a woman's foot and leg make for one of the most appealing parts of her body. Here he certainly shows them off. He emphasizes the three-quarter length pea coat and the seven-eighths length for daytime coats. And he makes a lot of two-piece dresses that look like suits. His collection is sleek, chic and sophisticated — his fabrics flat and lush. He likes alpaca and cashmere, and of course wool jersey, which he uses for day and evening. His colors are muted.

When it comes to eveningwear, his collection becomes lush with lame, brocade and touches of beading. He revels in the shorter-than-ankle length for evening, preferring to show the foot again.



# Bill Blass

Many consider Bill Blass the crown prince of American design, and this year his collection is more lively, varied and elegant than ever.

Blass' great fashion judgment has brought out a collection of winning shapes and fabrics — young and lush and easy to wear. Blass himself says the Fall 1985 collection "has a new liveliness, with rounded shoulders and many straight short skirts."

The simple tweed chemise is a wonderful day look, and the oversize blouse and skirt offer something new and fresh. Blass has always been partial to suits. This year his evening clothes have gotten away from the glitter and glitz and are stunningly simple. He shows lots of short evening looks, insisting there are more places for women to wear short dressy clothes than large gala ballgowns. There is simply something for everyone at Bill Blass this season.



PHOTOS BY CHARLES GERLI

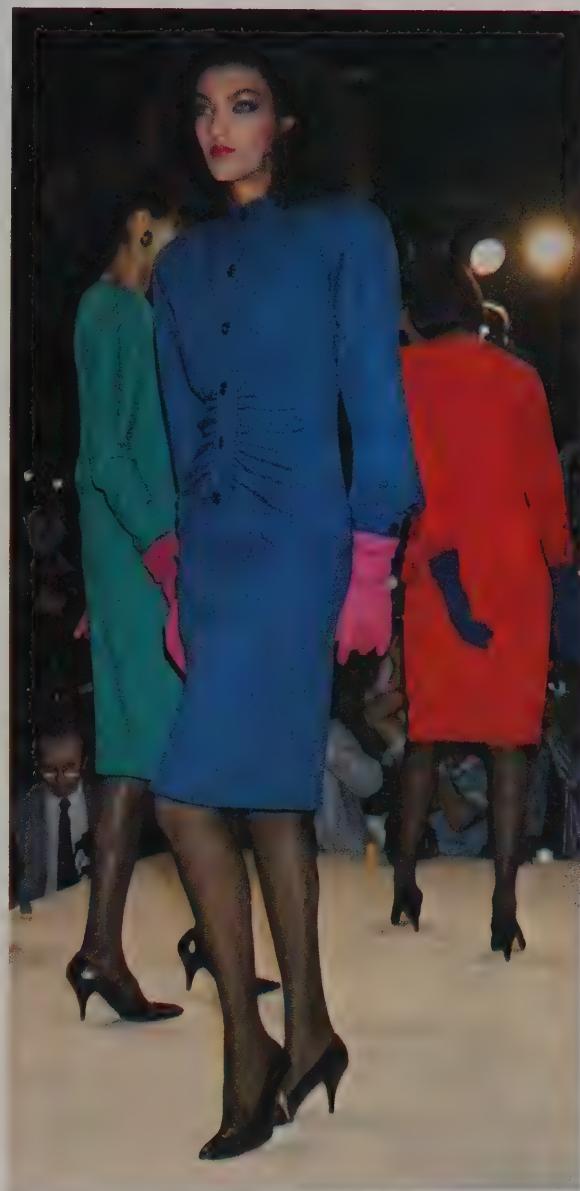
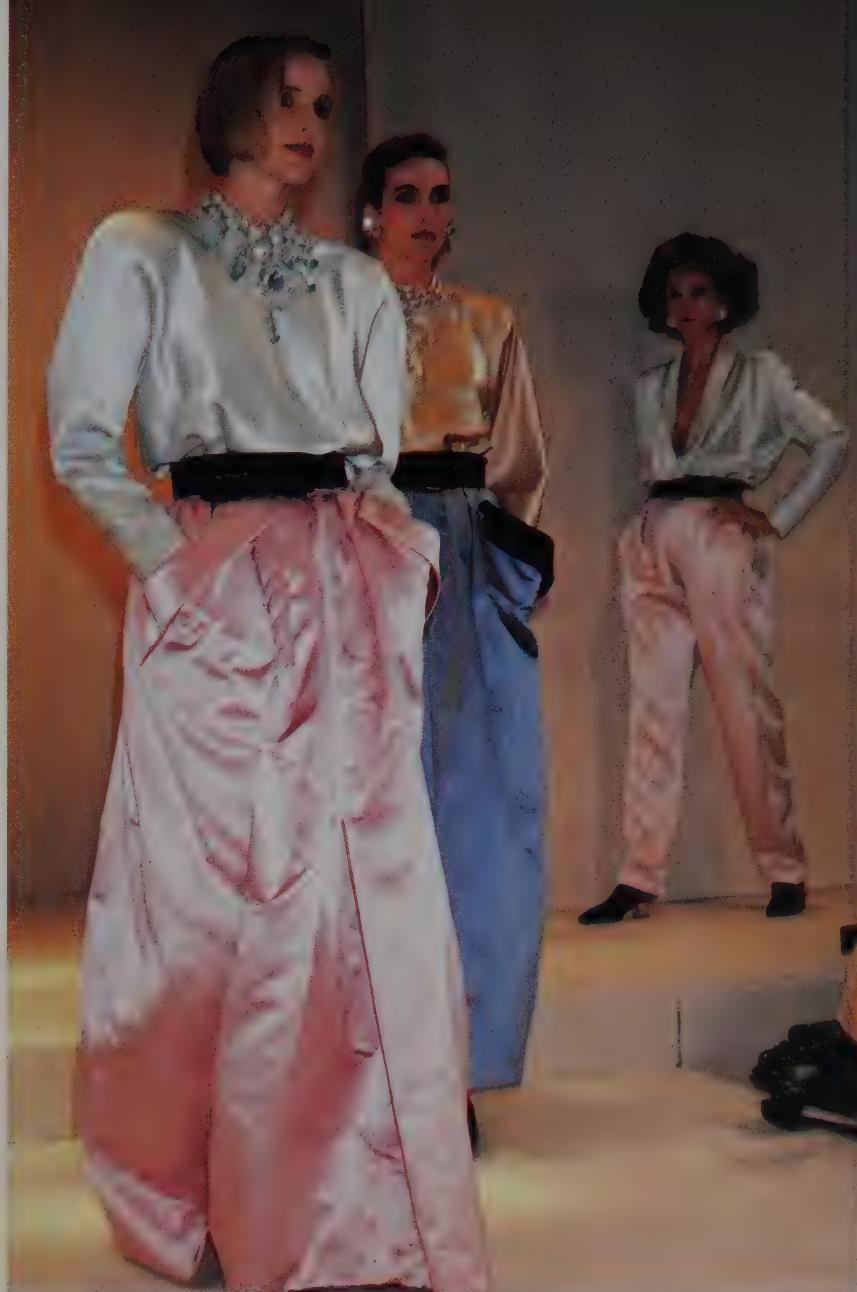


## Pauline Trigere

Pauline Trigere has her fashion finger on the elegant world-traveled women. Ms. Trigere's daytime clothes are smashing — particularly the extensive group of spectacular coats that opened the showing. These coats are usually full, hanging from wide and square shoulders. She also has a special way with supple draped jersey dresses.

Ms. Trigere has always excelled when it comes to drama at night, and this year her evening clothes are elegant and dramatic. Black is popular, and in many instances she adds fox fur to emphasize the golden-days-of-Hollywood look to the clothes. There were sustained sighs of incredulity when the last outfit of the collection appeared — a long gold lame evening coat, with a wide wrapped closing that topped a long, black halter dress.





## Oscar de la Renta

The darling of society who has always been best in evening elegance Oscar de la Renta has come up with a lovely group of one-piece daytime dresses this year. His signature for the collection is draping — side-draping for daytime in short dresses and for evening in long glamorous strapless dresses that stopped the show. In line with the current mood of fashion, de la Renta does some lovely coats over evening dresses. His colors are super-high voltage, with hot pink, yellow and red coupled with black. His emphasis is away from beading this season, and the silhouette and color give the glamorous emphasis to his clothes.



## Carolina Herrera

Designing for women like herself, Carolina Herrera's clothes are perfect for globe-trotters who can afford to indulge themselves in glamour day and night. Her clothes move closer to the body this season. Her skirts are short, but her shoulders are still signature-wide. While she does not pretend to design sportswear, she does a smashing job of daytime luncheon looks, suitable for the best restaurants around the world.

Her show-stopping striped pants suit was topped by a loose, golden sable suit. Who wouldn't want to wear such drop-dead simplicity as they lunched at Le Cirque, the Plaza Athenee or Cafe L'Europe?

Of course her metier is dressy clothes, and her short dinner dresses are divine, especially when they have a splash of color combined with black. Of special note — a stunning stark white tuxedo pants suit with deep plunging jacket and no shirt.





## Donna Karan

Making her solo debut this year is Donna Karan, who formerly co-designed the Anne Klein collection. Her highly individualized clothes are simple, imaginative and in supple and lush fabrics. She designs for the woman who leads an active life and must have clothes with drama and style. Her dress-for-success formula is soft and simple, with roomy jackets and coats topping turtlenecks, trousers and skirts. She will become a staple on the American fashion scene in seasons to come.

Skirt lengths are shorter for daytime, with most women opting for just below the knee. Evening looks are long, with lots of pants thrown in. Each of the couture designers offers an abundance of short dressy dresses. The jewelry is big and glitzy, with emphasis on large earrings and big bracelets. Overall, Fall 1985 promises to be a flattering and fashionable season for American women. □

*Some of these fascinating fall fashions should be available later in the season at the following area stores: Bonwit Teller, Bloomingdales, Lord & Taylor, Martha, Neiman-Marcus, Sara Fredericks, Saks Fifth Avenue and Razooks.*

**Right:** A view of the Pagoda as seen through Heath Garden. The 10-story-high Pagoda is one of the most unusual buildings in London, and from its top there is a spectacular view of the Royal Botanic Gardens.

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A Horticultural Reserve, Rich in History

# England's Kew Gardens

BY EVAN MORGANS/PHOTOS BY RICHARD SMILES



**Left:** The Royal Botanic Gardens are set on more than 3,000 acres and form part of the world's largest collection of dried plants and glass jars of flowers and fruits in liquid preservative.



**Left:** A view of the Victorian Gothic Temperate Glass House from the Pagoda. **Above:** Made of cast iron and glass, the Temperate Glass House was built to house plants that require protection from London's climate.

**I**t was 1831 and young Charles Darwin had successfully applied to the Admiralty for the post of naturalist on a voyage of the *HMS Beagle* to survey the coast of South America and conduct other scientific work. It was during this historic five-year voyage that Darwin formulated his theory of evolution.

The Strait of Magellan was one part of the voyage and Port Gregory was one of the stops. When off the ship, Darwin clambered up a steep slope that led from

a small cove. Glare from the bright sunshine of the South American summer caused Darwin to squint as he scanned the bleak, rock strewn landscape.

One of the plants Darwin dug up and put into his sample case that January day was a small flower with bright yellow bell-shaped petals. Today, more than 150 years later, that specimen of the plant (named after him), *Calceolaria darwinii benth*, still can be seen at Kew Gardens, officially known as the Royal

Botanic Gardens. The plant forms part of the world's largest collection of more than six million dried plants and 35,000 glass jars of flowers and fruits in liquid preservative. The responsibility for looking after this ever enlarging collection is just one aspect of the work of one of the most unusual organizations in the world.

The famous Kew Gardens are located on the banks of the River Thames in the peaceful Surrey countryside, just

**Right:** The Palm House, which was completed in 1848, houses tropical plants, creepers and palms.

**Below:** The Royal Botanic Gardens' ponds and lakes, leafy dells, rolling lawns, monuments, museums and glass houses attract millions of tourists.



**Above:** Botanists from all over the world come to the herbarium to study plants. More than six million dried plants are on file in the

Victorian building. **Right:** Visitors stroll along the cat walk inside Palm House to view the tropical plants including one of the world's finest collections of Cyads, the plant world equivalent to the dinosaur.



west of the hustle and bustle of London. Set on more than 3,000 acres, with lily covered ponds and lakes, leafy dells, rolling lawns, monuments, museums and glass houses, the gardens annually attract millions of visitors from all over the world. But from a horticultural point of view, the site is anything but ideal.

Although improved by years of cultivation and the addition of organic matter, Kew soil consists mostly of 30-foot-deep substratum river gravel and sand under London clay. The pH level is poor and deficiencies of essential minerals are common. Low rainfall means many plants must be watered throughout the

summer, and the landscape is uninterestingly flat and subject to river flooding. But for more than three centuries, the village of Kew has been the site of one of the most renowned gardens in the world. How this sleepy riverside bank became a government institution is as much an accident of history as the location.

Though the arrangement of the many species and varieties of plants in the garden looks natural, only a small number are indigenous. The majority have been collected from every corner of the globe. In this aspect, Kew Gardens is unique, for it underlines the historic and

scientific nature of the work at Kew. The gardens — colorful and beautiful though they may be — are administered by a government department. Their primary purpose is to serve as a scientific institution. The lush displays of plants really are the result of ongoing work, as botanists and horticulturalists strive to learn more about the world's plants.

The discovery, classification and naming of the world's flora and the publication of literature containing information and scientific investigations of plants has been carried out by Kew botanists for more than 200 years. Worldwide plant-hunting expeditions and



On her Diamond Jubilee in 1897, Queen Victoria gave Queen Charlotte's Cottage to the Royal Botanic Gardens under the condition that the grounds' semi-natural state would be maintained. Queen Charlotte, George III's wife, carried on family tradition and was devoted to the gardens.

## *'The lush displays of plants really are the result of ongoing work'*

fieldwork still are a regular part of this work. The latest techniques and research methods — plant anatomy and physiology, cytogenetics, electronmicroscopy and biochemistry — all are utilized to increase man's knowledge of the plant world. This basic information can be applied to the development of new crop plants, the search for new drugs, fungicides and insecticides and in numerous other ways.

Kew Green, with its little church and cricket pitch and its quaint ivy and wisteria draped period houses, is a charming place. When it's sunny the old pubs on the green are like beehives, with

patrons sitting outside on the wooden tables basking in the sunshine watching the world go by. Even the roar of the traffic as it makes its daily procession into London is soon forgotten by visitors as they approach the gates to the gardens and ponder the delights within. The present gates were erected in 1845 but the original entrance to the garden was further 'round the green. It costs 5 cents before the tortuous cast iron turnstiles can be negotiated.

Kew's own police force of 20 mans the gates and makes regular patrols on bicycles — though they encounter little trouble. (Unlike the night of Feb. 8, 1913

when suffragettes broke into the gardens and ran amok in the Orchid House, leaving behind them a note to the effect that "Orchids are destructable but not women's honour!" A fortnight later two "voteless" women burned down the refreshment pavillion. They were caught.)

Once through the entrance, a giant notice board displays the rules and regulations. Among the dos and don'ts is a piece of advice that "older trees such as beech and elm are liable to shed large branches without warning. The public is advised not to sit under them."

During 1841 when the gardens first  
(Continued on page 62)

Right: Among the amenities on Sun Line Cruise's *Stella Solaris* are a dining room, discotheque, casino, cinema, bars, gymnasium, boutique, pool and sauna.



A native woman sits in front of the Egyptian Museum of Antiquities where the well-known Tutankhamun collection is displayed.



# CRUISING THE HIGH SEAS

## On Board the *Stella Solaris*

BY ELLEN KOTEFF

For centuries Greeks have been known as some of the most robust hosts in Europe. A good way to experience the romance and vitality of their culture is to take a cruise on one of their ships.

One of the pioneers in luxury Greek Island cruising is Sun Line, founded in 1957 by the late Ch. A. Keusseoglou. Headquartered in Athens, the company's marketing philosophy has always been to travel to new and different destinations.

The *Stella Solaris* is the flagship of the Sun Line fleet. It is a magnificent vessel with all the luxuries Palm Beachers are used to. The ship can accommodate 700 passengers in 66 deluxe suites and 263 staterooms.

Many Palm Beach County residents have already traveled with Sun Line Cruises to a variety of ports throughout the world.

One cruise tour vacation particularly popular with county residents is the *Stella Odyssey* package.

The program covers 15 days with a seven-day cruise to the Greek Islands, Egypt, Israel and Turkey. Air transportation from the United States is via Air France. The vacation also features two nights in Paris and Athens at the deluxe hotels Meridien.

The first leg of the trip is the Air France flight from the United States to Paris and Athens. Between May and October there are more than 100 Sun Line cruise tour departures from New York on Air France. The tours are priced

from \$2,490 per person, double occupancy, including roundtrip airfare, shipboard and land accommodations and many of the shore excursions.

First class on Air France is an experience any traveler will relish. The food is magnificent — all 10 courses. A typical main course might offer the first-class passenger a choice between veal chop *grand-mere* and the shell of beef, Bordelaise style. The menu is comparable to that of a five-star restaurant, as is

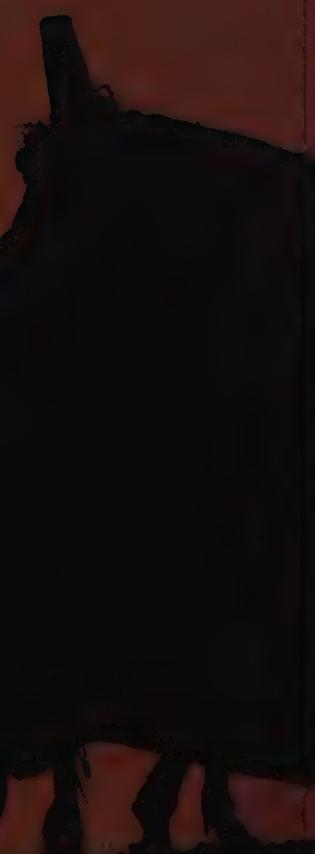
the service. The best thing about the whole experience is that it seems to make the trans-Atlantic flight sail by. You're there before you know it. Believe it or not, you almost hate to get off the aircraft — but the excitement is just beginning.

The tour is flexible before and after the cruise. Details can be worked out with your travel agent. Some choose to arrive early and take in a few days of sightseeing in France. A rest here is good for combating jet lag.

There's a lot to see in France's capital, and the shopping isn't bad either. Americans still get their money's worth at the Paris Lido, and it's nearly a full house every night. The excitement of Paris is something that most Palm Beach residents enjoy time after time.

While in Paris the tour features accommodations at the Hotel Meridien Paris, which is centrally located near the new business district. There's a lot of activity at this junction of town, bringing the colorful nightlife into clear focus.

Left: Greece — the cradle of civilization and democracy — is known for its dramatic beauty, rich history and cultural wealth.



In Cairo, tourists have the option of riding a camel or walking to tour the pyramids.



The tour is flexible before and after the cruise. A rest stop in Paris is suggested, where tourists can enjoy sights like the 984-foot Eiffel Tower.

ELLEN KOTEFF

## 'a potpourri of interesting facets'

Following the Parisian element of the trip, transportation to Athens continues on Air France.

The cruise portion of the European adventure begins in Piraeus but not until you've had a few days on land to take in historic Athens. As the cradle of civilization and democracy, Greece is familiar to us all. One-third of the country's 10 million people reside in Athens, the gateway to ancient and modern Greece. Using the capital as a base, visitors will first visit the Acropolis, home of the Parthenon.

When climbing the Acropolis, every language known to man can be heard. Tourists flock there by the thousands and, surprisingly enough, the crowds don't detract from the experience. Most everywhere you go in Athens, you can expect crowds. Even during the evenings, streets are lined with people — out for a good time. And the Greek people know how to have a good time.

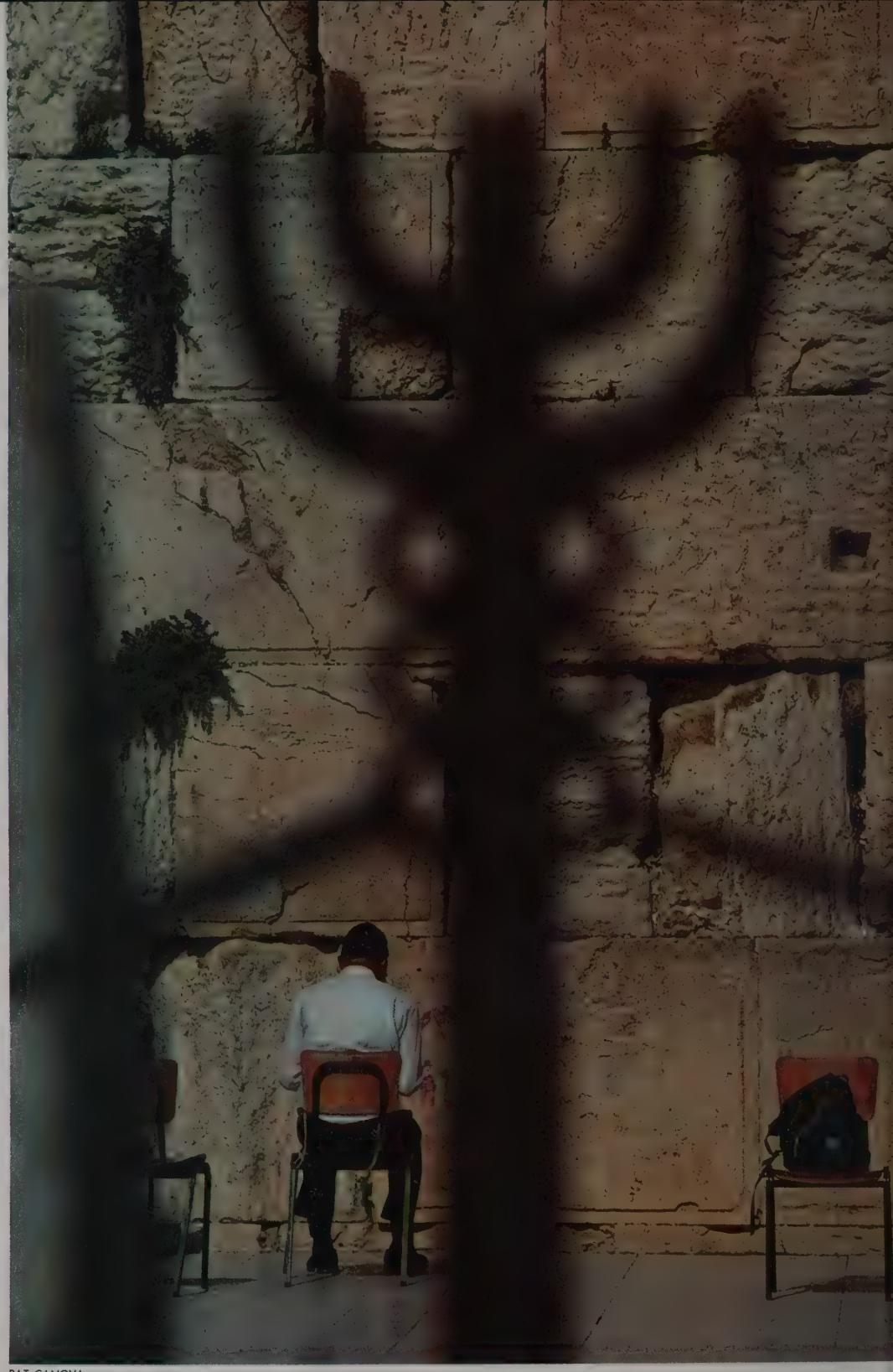
For shoppers, Greece is an energizing experience. The old city of Athens, called Plaka, is world renowned for its many specialty shops. Jewelry is a favorite buy and there are quite a few bargains to be found. Brass trays and ceramic tiles are also popular gift items. The value of the dollar against the drachma is very good now, and Americans should take advantage.

When driving through Athens, one immediately notices the absence of large cars. There are only compacts on the road. No gas guzzlers here. The streets are always lively. Traffic jams are common.

The city is relatively safe from crime, and children are highly visible. Many families vacation in Athens.

The weather there and the proximity of ocean suggest a climate comparable to Palm Beach. There are numerous seaside restaurants and *tavernas* which are a special favorite to American tourists. People are relaxed and casually dressed.

Following the stay in Athens, tourists are transported from the new Hotel Meridien Athens to the ship, docked at the nearby port of Piraeus. Here, passengers get a first look at the *Stella*



PAT CANOVA

*Solaris* — their home for the duration of the luxurious vacation.

The ship is 544 feet long and weighs 18,000 tons. Some of the facilities on board include a magnificent dining room, which features two seatings for dinner and lunch; a discotheque, card room, casino, cinema, numerous bars, a gymnasium, boutique, massage room, beauty salon, barber shop, a swimming pool and sauna. It's a good idea to familiarize yourself with the ship as soon as you get on board — it makes for smooth sailing.

Despite the fact that you might be traveling with as many as 700 guests, you

very often find yourself alone — the ship is *that* big. It's highly probable, for instance, that you might be the only person in the sauna.

As a rule, passengers on cruise ships are very friendly and eager to strike up a conversation. They often enjoy sitting on deck and watching the beautiful Greek coastline. It's a very relaxing experience. Many of the public rooms such as the Grill Bar also provide a panorama of beauty outside the large windows. With a pianist in the background, it makes for an even better vantage point.

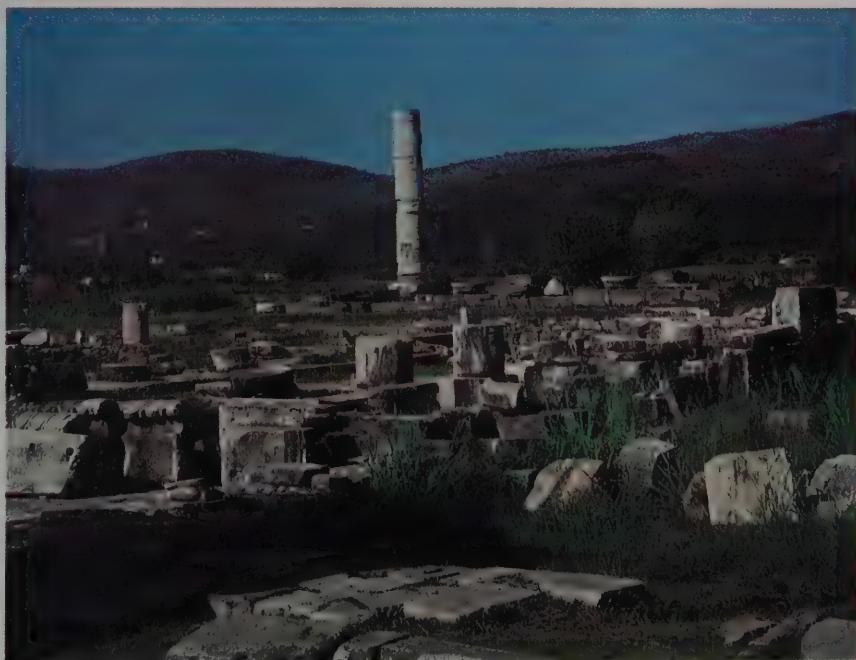
There is an unusual bronze screen aboard the ship which separates the So-



ELLEN KOTEFF

PAT CANOVA

**Opposite page:** The wall of the Haram incorporates the only extant piece of the Temple of Solomon. The Wailing Wall, or the western wall, is a holy place for Jews. **Left:** The Dome of the Rock mosque was constructed in 688 to 691 A.D. after the Moslems captured Jerusalem in 637 A.D.



ELLEN KOTEFF



**Left:** In villages near Samos excavations have unearthed fossils that are about 13 million years old.

**Above:** Visitors sit outside the Church of the Nativity in Bethlehem, which is said to be built over the place where Jesus was born.

laris Lounge from the Solaris Piano Bar. It is the work of the Italian artist Luzzati who was commissioned by Sun Line to undertake all the artwork on board. The screen depicts scenes from the *Iliad* and the *Odyssey* of Homer.

The food on board is wonderful. As is the case with most cruise ships, diets are hard — but not impossible — to maintain. There are plenty of fresh vegetables, fruit and beautifully prepared fish dishes for the weight conscious. The "Greek night" dinner is especially well-prepared. Waiters are dressed in Greek costumes, and the entire event is very festive. Typical Greek dishes are served

along with a lot of music and merriment.

The first stop on the seven-day cruise portion of the 15-day vacation is Rhodes, Greece.

**Rhodes** — Many consider Rhodes the most popular of the Greek Isles. Picturesque is an understatement when talking about this island. Legend has it that Rhodes is the home of the Sun God, Apollo — and the sun rarely stops shining here. It is easily accessible by foot from the ship — so the early portion of this stop is spent walking through the Old Town which features shopping bazaars.

Rhodes is very easy on the eyes

because of all the colorful flowers and fertile vegetation. It is often termed "Island of Roses" because of the prominence of its flora. Today's Rhodes is divided into two sections — the Old Town and the New Town. The Old Town is lined with shops of many varieties. Leather goods, clothing and fur shops seem to dominate. If a shopper knows what to look for, he or she can find a real bargain in the way of furs. Backgammon is popular here and many Palm Beachers would be right at home with the natives. Also situated in Rhodes is the Grand Master's Castle, a

(Continued on page 80)



**Above:** A brilliant painting by Botero and a floral chintz by Cowtan and Tout bring humor and lightness to a heavily Gothic setting by the sea in Palm Beach. Bergeres are upholstered in Scalaramde fabric. Large brass lamps add weight and sparkle to antique end tables.

**Right:** In a sunlit morning room antique English bamboo furniture and Fortuny fabrics capture the tradition of the era. Mirror frames are embroidered antiques from the owner's collection. A Laotian rain drum is used as a cocktail table.





**Left:** Modern artworks and antique furnishings reflect the owner's interests and taste. A painting by Chia graces the original fireplace mantel while a colorful De Kooning is arranged with antique porcelains and console. A Chinoiserie panel was transformed into a Chinese style cocktail table.



**Above:** The library features original plaster paneling created to resemble handcarved boiseries. A Lee/Jofa chintz and a Dhurrie rug add light and lively interest.

## A Good Year Made Better A Vintage Palm Beach Home

BY DORIS KIDDER JOHNSON/PHOTOS BY KIM SARGENT

The late Charles Dear, who decorated many Palm Beach homes over the years, had an affinity for the place and its people. A recent example of his work is this 1920s Mediterranean villa revived with a vitality and lightness that both defies and complements its heavily Gothic architecture.

The owners had known and admired Dear for many years, having commissioned him to do their homes in Southampton and New York City. They love old houses and modern art — a combination requiring the subtleties of style and scale that were Dear's stock in trade.

"We knew we would have to lighten the rooms," says the owner, "and we

would have to use color even though my taste usually leans toward understated beiges."

Neutral backgrounds are favored by many collectors of fine modern art, but in the case of this rendition of early Mizneresque Spanish, the art could easily have been subjugated by the cathedral styled grandeur of the period.

Instead, color is used deftly to carry the eye and bring freshness to rooms somberly enclosed with ornate ceilings, moldings, arched porticos, leaded glass and richly polished tiles.

The *tour de force* of the remarkable arrangements of art, furnishings and fabrics is the brilliantly humorous painting by Botero as the focal point in the

living room. A delicate floral chintz by Cowtan and Tout introduces the lightness desired by both client and designer.

Dear's associate, William Kopp, who worked closely with this project and who continues the Dear tradition, says the success of any project is determined by the style and taste of the client. "In this case, we knew what the client liked and we agreed on a design concept. We also knew they would be adding and subtracting from their collections of antiques and art. After all, the designer's challenge is to create the setting for the owner's style."

Although town records do not specifically confirm the home's origin, it is located in the area of a Marion Sims

**Below:** The Chinese Chippendale table from Aufray and round table and chairs from McGuire provide seating for both formal and informal dining. A profusion of African daisies, Freesias and lilies are displayed in crystal bud vases for a lighthearted garden effect in contrast to the medieval mystique of arched leaded glass windows.



Wyeth design created in 1928 as an adjunct to a much larger mansion — perhaps to serve as a glorious guest house.

The home's 1920s elegance is intact, but its smaller scale and ultra modern conveniences are contextual with the on-the-move lifestyles of the 1980s. "I love these old Spanish-looking houses," the owner exclaims. "I knew if we were to live in Palm Beach, it would have to be in one of these wonderful old places."

The house is ideal for an extended winter season while the Southampton home is being renovated in time for the couple's summer arrival. In between, they are shopping the London real estate market for a bit of old England to round out their seasonal residences. □





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into sour cream. Set aside. Beat cream in mixing bowl, gradually adding sugar, until soft peaks form. Stir in vanilla and sour cream/gelatin mixture. Pour into 1 quart mold, rinsed first with cold water. Chill until firm. Unmold on serving plate. Surround with sliced berries, sweetened to taste. To serve, slice mold and top each serving with berries. Makes 8 servings.

Unmolded strawberry Devonshire cream is an unsurpassed topping for waffles, pancakes or French toast.

#### DEVONSHIRE CREAM TOPPING

½ cup sour cream

½ cup whipping cream

2 tablespoons sugar

1 cup sliced strawberries

Squeeze of lime or lemon juice

Pour sour cream and whipping cream into bowl; beat to soft peaks. Beat in sugar. Fold in berries and lime juice.

Serve on pancakes and such, or spread on scones and biscuits.

#### STRAWBERRIES BRULEE

1 pkg. (8 oz.) cream cheese, softened

1½ cups dairy sour cream

6 tablespoons granulated sugar

2 pints fresh California strawberries, hulled

1 cup packed brown sugar

In bowl, beat cream cheese until fluffy. Add sour cream and granulated sugar; blend thoroughly. Slice berries.

Sweeten to taste. Arrange in shallow, oven-proof serving dish. Spoon cream cheese mixture over berries. Sprinkle with brown sugar. Place on lower broiler rack. Broil until sugar bubbles and browns lightly. Serve at once to 6 or 8.

#### CHOCOLATE-DIPPED STRAWBERRIES

4 oz. semisweet chocolate

1 pint fresh strawberries

Use real, not imitation, chocolate squares or bars for best results. Break or chop chocolate coarsely. Place chocolate in small heatproof bowl, then place bowl in ½ inch barely simmering water in small skillet over low heat. Heat, stirring occasionally (I use a wooden chopstick to stir), being careful that no water gets into chocolate. When chocolate is melted, stir until smooth. Remove skillet from heat, leaving bowl of chocolate in hot water. Pat strawberries dry. Holding by stem or stem end, dip each strawberry into chocolate to cover.

Drain excess chocolate, then place on a wax paper-lined tray; refrigerate to harden. Serve on small dessert plates lined with doily or leaves from the garden. Makes 6 servings, 3 or 4 strawberries per serving depending on the size of the berries. □

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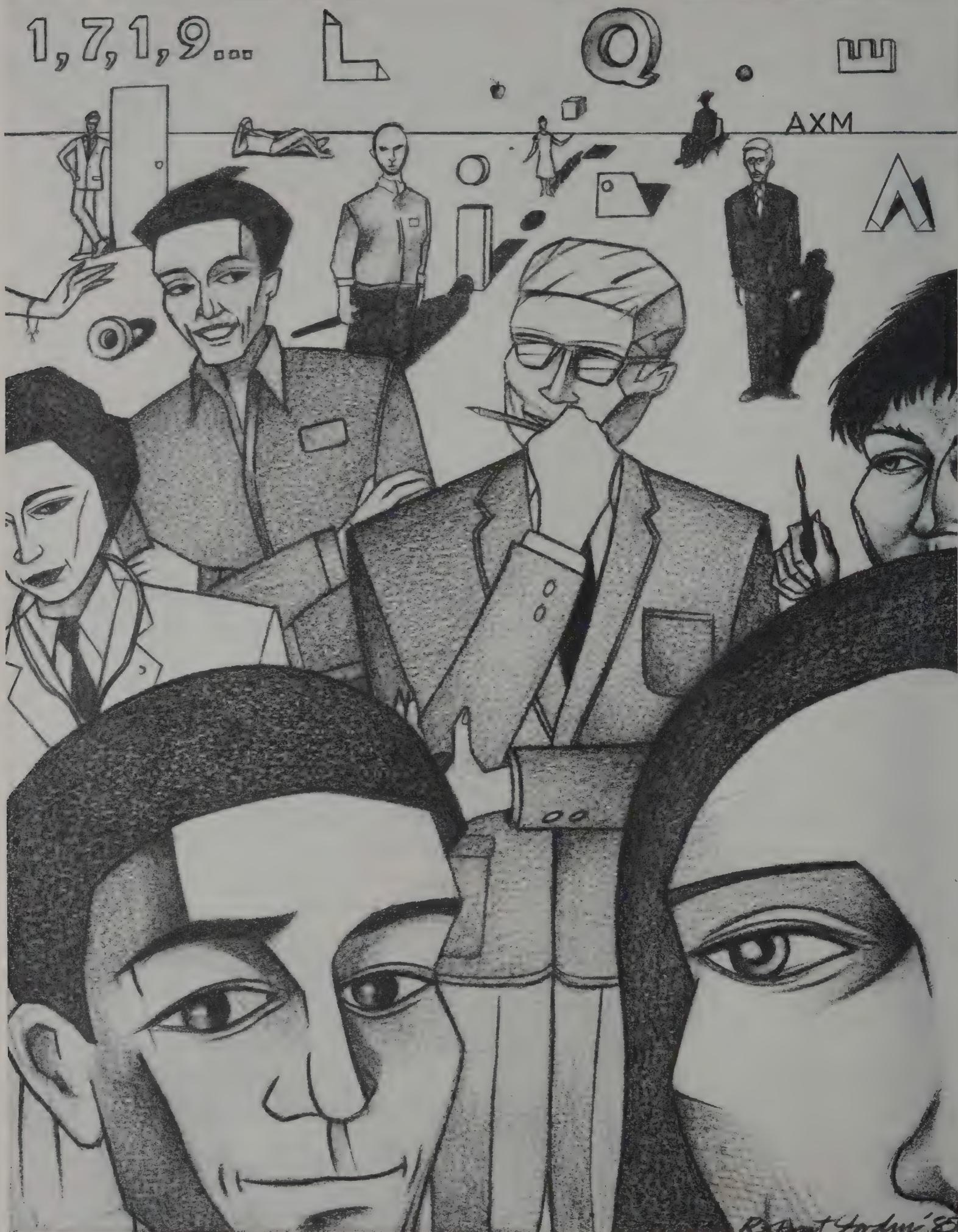
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# MENSA

## The Smartest Little Club in Palm Beach County

BY SUE BROWDER

ILLUSTRATION BY ROBERT JORDAN

John Stuart Mill,\* Voltaire and Mozart could have joined. But Johann Sebastian Bach, Rembrandt and Abe Lincoln weren't good enough. Charles Darwin would have been welcome, but poor Copernicus, alas, would have been cast out. And what of Honore de Balzac and Baruch Spinoza? Borderline cases at best.

A billion dollars won't buy you admission into this exclusive group. Even a royal title is not enough. Isaac Asimov and Buckminster Fuller are members . . . but no one has asked Princess Di to join. What is this classy little club, which would snub princesses, kings, and maybe J. Paul Getty were he alive? It's called Mensa, and it's a club only for people with high IQs.

Could you join? Possibly so. To en-

ter this elite society and prove yourself a member of the natural aristocracy, you need only score higher than 2 percent of everybody else on any of about 30 recognized IQ tests. Some 65,000 intellectual highbrows in 98 countries belong — about 200 of them in Palm Beach County — including Dr. William Marina of Boynton Beach, Judge Lewis Kapner of Palm Beach, James Wilson of Palm Beach, Anne and John Hillis of Lake Worth, Charles McCain of North Palm Beach and Nathaniel Weyl of Boca Raton.

*Mensa* is a Latin word for "table," connoting the fact that Mensans consider their club a roundtable where equals meet for lively discussions. (The fact that *mensa* is also Spanish for "stupid" is merely an unhappy coincidence.) The club was founded in 1945 by British barristers Roland Berrill and Dr. L.L. Ware. They hoped if enough brainy people got together, they could figure out how to bring peace to the world.

Failing that noble goal, Mensans found they liked each other's company so much they kept the group going as a

social club. At meetings, you can play Trivial Pursuit, solve puzzles, hike, or chat about any sprightly topic that crops up.

At one Mensa meeting I attended (oddly enough, it was in Connecticut, not Palm Beach, but I'm told Mensa meetings are much alike the world over), I was frankly a bit intimidated. I'd read accounts of other Mensa meetings in which Ms, as terser members call themselves, had exposed journalists as ignoramus by asking them such impossible trivia questions as "Which snake has fangs 1.96 inches long?" (a Gaboon viper) or "Who was Frederick Fleet?" (tut-tut, you mean you don't know?).

So I was surprised when the first M I met, a huge man who looked like actor Fred Gwynne but with more teeth, turned to me and said in a booming voice, "I'm a janitor. I come in direct competition with dirty toilets." Strange as it may seem, that remark set the mood for the next three hours. Over lunch (luncheon meetings are common Mensan fare), the 15 Ms talked cheerfully of heraldry, auras, sex, witchcraft,

\* IQs of these famous people are estimates, drawn from a Stanford University study published in *Genetic Studies of Geniuses* by Catherine Morris Cox. Their IQs, starting with Mill and going in order through Spinoza were: 190, 170, 150, 125, 110, 125, 135, 105, 130 and 130.

oysters and muktuk. ("That's the inner skin of a whale," a bespectacled house-husband explained. "Eskimos bury it underground until it rots, then eat it as a delicacy.")

One M, a jovial state Department of Commerce employee named Neal announced to me, "We have a Save Our Tongue Society (SOTS)." "What do you do?" I asked. "Nothing. We drink," he replied. Nevertheless, he produced from his sportcoat pocket a photocopy of a *New York Times* ad that read, "These Coach Belts are made of wool surcingle, bridal leather and brass." When the silvery-haired M next to him looked confused, Neal pounced. "Ha," he exclaimed. "You can't spell 'bridle,' either."

Neal delighted in playing gadfly and enjoyed making another M, who seemed to be acting as a public-relations spokesman for the club, uneasy. Neal told me Mensa membership is a handicap when applying for a job and that passing the IQ test doesn't mean you're smart, only that you know how to take tests. Casting a mischievous eye my direction, he added, "We have more women now than we used to because we lowered the standards."

"Only one of our members is sane," Neal rambled on. "He challenged another M to a duel in Central Park. They carted him off to Bellevue where the doctors officially declared him sane."

All the Ms obviously enjoyed doing mental gymnastics. The chosen game of the afternoon seemed to be Let's See Who's Smartest After All. Though I felt my wit was a match for at least some Ms at the table, no one challenged me. Attacking a non-M's mind seemed to be frowned upon — sort of like taking candy from a baby.

"What's the difference between being crazy and insane?" a heavy-set woman demanded of a balding millionaire in a blue-checked sportcoat. The man quickly fired back, "If you've got a lot of money, you're insane." The woman smiled and nodded approval.

Another M had four Ms enthralled with tales of her newfound psychic powers. "I'm just getting into it, but I see things," she said. "Usually I don't know how to interpret what I see. Once I saw a cube — just this big wooden cube. Then suddenly I realized it was a mental block. I'd never seen a mental block before." Everyone laughed appreciatively.

The conversation wound its maniacal course through the hours. At one point, everyone urged the Fred Gwynne look-alike to tell his "Alaska story." It

seems when he was working on the DEW Line, a cartographer came along and started naming landmarks after the 14 men at the station (nine of whom later joined Mensa). "There was Booker Creek, Evans Hill . . . Then he came to one creek and didn't know what to call it. We told him to name it Kuyik Creek. *Kuyik* is a crude Eskimo word for love-making. And he did — it's still on the map!" Several Ms laughed heartily.

As lunch ended, a crowd of Ms drifted toward the bar, where they continued whiling away their afternoon attacking, laughing at and analyzing the universe.

Why join Mensa? Nathaniel Weyl of Boca Raton, author of many books including *Red Star Over Cuba* and *The Creative Elite of America*, says, "People join for many reasons — some just to prove to themselves they can pass the test or to brag to friends. Others join so they can mention their membership on their calling cards." Does Weyl do that? "Oh, no. That's rather bad form, wouldn't you say? Sort of like wearing your Phi Beta Kappa key around."

A few people join the club just to get

## *'Genius is more than simple IQ'*

married. A Connecticut woman who took the Mensa IQ test — and failed by two miserable points — was devastated. "Now I'll never marry an intelligent man," she moaned. (Imagine her incredible ecstasy when she met and married an M, anyway.)

Some Ms discover the club intimidates less gifted types and if they want to live in peace, they'd best keep their IQs under their hats. Weyl tells the story of a lowly clerk typist M who made the blunder of telling her boss about the group. Intrigued, the man took the test the very next week — and flunked. "So guess what he did," Weyl says. "He fired her!"

Most Ms have IQs of 130 or higher. But for any artful dodgers here, there is one loophole: No matter what your IQ, you can join if you *marry* a Mensan. That, however, can be a risky business. Nathaniel's wife Sylvia, who's not a member (though she quickly adds she's eligible if she wanted to join), notes that Mensa often threatens spouses who can't pass the test. "When a spouse is a member and you're not, jealousies

erupt," she observes. "If it's the woman who belongs, either they both drop out or the couple gets divorced and she marries a more intelligent man."

What types of people join Mensa? They range from high school dropouts to Ph.D.s, from janitors to doctors, from bums to millionaires. Of members in the United States, some claim to be witches, several are in prison for armed robbery, and a dozen are reputedly Mafia hit men. Among the Palm Beach 200, a large number "are completely unseen and unheard of," Weyl notes. He credits this not to inherent shyness, but to the fact Palm Beach County is almost twice the size of Rhode Island, making cross-county drives to meetings tedious. While nationwide more men than women belong, in Palm Beach the sexes are equally represented. A 12-year-old girl belongs. So does a man in his 80s.

"If there's one thing Mensans share, it's that they're highly verbal," says Roberta Reusch, a West Palm Beach music teacher who acts as local club secretary. "A few members would rather sit and listen, thank God. But most of us are very linguistically inclined." That's hardly surprising, since IQ tests as a rule are heavily weighted toward verbal skills.

Weyl also notes that Ms tend to be trusting to the point of credulity. ("Many believe in astrology, reincarnation and flying saucers," he says.) And they're courteous to an extreme. Several years ago, a speaker at one Palm Beach meeting claimed he was a Vietnam veteran. He told hair-raising tales of being dropped behind enemy lines and working in Operation Phoenix, where he murdered Viet Cong and Cong sympathizers. "He turned out to be a sociopath and a liar who'd gotten all his stories from Robin Moore books about the Green Berets," Weyl recalls. When the hoax was exposed, one M admitted he'd known that the man was an imposter from the first. He explained, "I designed some of the equipment used in Nam, and that guy had no idea how it worked." Why didn't he speak up and expose the man? The Mensan looked puzzled and replied, "But that would have been impolite."

Which brings us to another point. What kind of person joins an exclusive club just to sport his IQ? If the truth were known, aren't most Ms just a trifle weird? "We're like any other group," a Palm Beach computer programmer insists. "You have a cross section of good people, bastards and screwballs." Another M grows downright defensive when asked if Ms are eccentric. "What's

eccentric?" he replies rhetorically. "When I eat a pretzel, I knock off all the salt first into an ashtray. Does *that* make me weird?"

Undisturbed, the man continues, "If you don't know salt causes high blood pressure, you may think so. But I may be saving my life. Ms sometimes seem eccentric because we notice a lot of little differences that fly right over the heads of less intelligent people."

When the Palm Beach intellectual upper crust gets alone in a room together, what do they do? "Mostly we talk," replies Ms. Reusch, who joined Mensa "12 or 15 years ago" after taking a quiz in *Reader's Digest* and discovering to her amazement that she'd passed. "We have indoor, outdoor, musical and cerebral meetings — anything we can think up." Cerebral meetings? "Yeah, you know. We take some serious subject, like politics or conservation, and everybody tries to figure out his or her attitude toward it."

A group may explore the Everglades, guided by a fellow M who knows every flora and fauna they see. Or they may meet at night in a local sculptor's home to study astral projections and other paranormal phenomena. "The night we did that, we saw auras, all kinds of nice things," Reusch recalls. "And boy, when we have a puzzle night, with all the puzzles, conundrums, and riddles, they go wild, absolutely bananas. Sometimes when we're trying to solve these stupid little puzzles, I've seen strong men stamp their feet and cry!"

Nationwide, Mensa also has more than 160 special interest groups — called SIGs — through which Ms across the country can correspond on fascinating topics. Ordinary SIGs center around subjects like backgammon, gay lib, shyness and late-achieving geniuses. But for those with more off-the-wall tastes, SIGs range from the Degenerates (a group dedicated to act as "a thorn in the side of Mensa pomposity and pretense") to SIGH!, a group devoted to hugging. "We help make Mensa more friendly," a SIGH! newsletter boasts.

Mensan Chocoholics explore "the connection between high intelligence and all things chocolate." And the Mend Our Tongue Society (MOTS) invents new words like *chlorophory* (handy on St. Paddy's Day, it means "wearing of the green") and *dendrophobia*, or "fear of trees." Gerald L. Baker of Cedar Falls, Iowa, who thinks up these things, says, "Scientists are now transplanting a human growth gene into sheep and pigs. I thought we needed a word for that. So since scientists called the cross between

a radish and a cabbage a *rabbage* and the cross between a chicken a turkey a *churk*, I call this cross between people and sheep a *sheeple*. The word can also be used metaphorically to describe people who act like sheep."

Another SIG that caught my eye was Rich Ms, a group "for Ms as rich as they are smart." To be eligible, you only need \$125,000 in the bank, a figure that supposedly places you in the top 2% of wealthy people in America.

Though there's no official SIG for them, orgies seem popular in some Mensa circles. A reporter at a Mensa convention in Dallas kept hearing talk about orgies. One woman was making her way through the convention hall, informing Ms that there'd be an orgy that night in room 365. Reflecting that

though he hadn't been invited, he might be able to use his press card to get in, the reporter asked, "What's all this orgy business?" A distinguished M from Shawnee Mission, Kan., whose blue turtleneck sweater exactly matched his blue eyes, replied, "Well I'll tell you. We Mensans talk a great orgy."

So all they do is just *talk*? Ms. Reusch suspects more exciting things really are happening in some swinging-single M groups, "but not in Palm Beach." She insists, "South of us in the Lauderdale and Pompano areas, there may be a lot of wild sex going on. If you interviewed Mensans in Miami, you'd hear an entirely different story. But we're not a big-city group here."

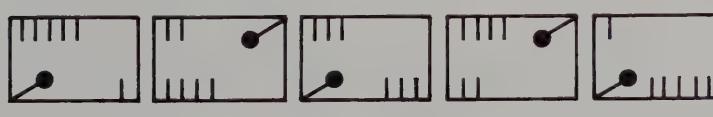
By now you may be saying to yourself, Mensa may be amusing enough —

*Are you smart enough for Mensa?*

Are you eligible to join the Palm Beach 200? Here's your chance to find out. Just dig out a pencil, sharpen your wits, and try to answer these questions. (Remember, a true genius never cheats.)

1. Tom, Jim, Peter, Susan and Jane all took the Mensa test. Jane scored higher than Tom, Jim scored lower than Peter but higher than Susan, and Peter scored lower than Tom. All of them are eligible to join Mensa, but who had the highest score?
2. If it were two hours later, it would be half as long until midnight as it would be if it were an hour later. What time is it now?
3. Pear is to apple as potato is to (?)
  - banana
  - radish
  - strawberry
  - peach
  - lettuce
4. Continue the following number series with the group of numbers below which best continues the series.  
1 10 3 9 5 8 7 7 9 6 ? ?
  - 11 5
  - 10 5
  - 10 4
  - 11 6
5. Which of the following is least like the others?
  - poem
  - novel
  - painting
  - statue
  - flower
6. Which of the figures shown below the line of drawings best completes the series?
7. One quarter of our town is  
means approximately the same as the proverb "Don't count your chickens until they are hatched?"
  - Some eggs have double yolks, so you can't really count eggs and chickens.
  - You can't walk around the hen-house to count the eggs because it will disturb the hens and they won't lay eggs.
  - It is not really sensible to rely on something that has not yet happened and may not ever happen.
  - Since eggs break so easily, you may not be accurate in your count of future chickens.
8. The *same* 4-letter word can be placed on the blank lines below to make two new words from each of those shown. Put in the correct 4-letter words to make 4 new words from those shown below. (Example: HAND could be placed between BACK WORK to make BACKHAND and HAND-WORK.)  
HEAD MARK  
DREAM FALL

10. Which of the figures shown below the line of drawings best completes the series?



(a)

(b)

(c)

(d)

ANSWERS ON  
PAGE 60

for those who  
dare to be different...



## Trio Designs of the Palm Beaches

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but are these people really today's Einsteins? Mensans themselves are the first to admit they're not. "Genius is more than simple IQ," says one candid Mensan (a member of the Degenerates, no doubt). "I don't think you're a genius unless you make a significant contribution to mankind. Most Ms are great at taking tests. But sometimes that's all they can do. A lot of Ms are plumbers, file clerks, and garbage collectors. Some are criminals or chronically unemployed. In short, they're often underachievers."

Most Palm Beach County Mensans, Weyl notes, aren't as down-and-out as the degenerate above would have you believe. But he agrees Ms aren't always the *creme de la creme* of intelligentsia. "Certainly they're very bright in terms of taking tests, but they're not all super-brains or geniuses," he says. I'd like to believe him, but a disturbing memory haunts me. Could this be Weyl's gracious way of consoling those 49 in 50 of us who don't have the little gray cells to join, anyway?

How smart Mensans truly are I

### Answers to Mensa Quiz

1. Jane
2. 9 p.m.
3. b) both grow in the ground
4. a) alternate numbers go up by 2 and down by 1, starting with 1, and 10.
5. e) The only one that is not an artistic work made by man.
6. Parachute.
7. 5
8. c
9. LAND
10. c). The number of lines goes down opposite the stick, up on the side with the stick, and the stick alternates from top right to lower left.

**SCORING:** Give yourself two points for each correct answer. You also receive an additional four points if you completed the test in less than five minutes, three points if you completed it in less than seven-and-a-half minutes, two points if you completed it in less than ten minutes, and one point if you completed it in less than 12 minutes. If you scored:

20-24 points — You are indeed, a super-brain. No wonder the riffraff can't understand you. If you don't already do so, start reading classic Chinese novels (*Hung-Lou Meng* by Ts'ao Chan might especially appeal to you) and signing your letters, "Verbophilously yours."

15-19 points — You are an alert, clear, unflustered thinker and can think mental rings around many people.

leave to you to decide. But when you talk to an M, it does seem the conversation often swings to rather, shall we say, eclectic topics. Just after chatting about swimming, singles and informing me she'd lost her singing voice because she's "allergic to children," music teacher Roberta Reusch launched into this discussion of fusion. "My son, also a Mensan, is a fusion expert at Princeton. He's the one who thinks up all the ways to get a hundred million degrees of temperature so you can fuse hydrogen atoms. I've had my head in the Tokamak. You know, the Tokamak is the big doughnut with the magnetic coils so you can put a hundred thousand degrees of whatever inside, otherwise it would go through the earth in a split second. You do understand?"

Ah, well, what the heck. George Washington (IQ 115) probably wouldn't have understood it, either. □

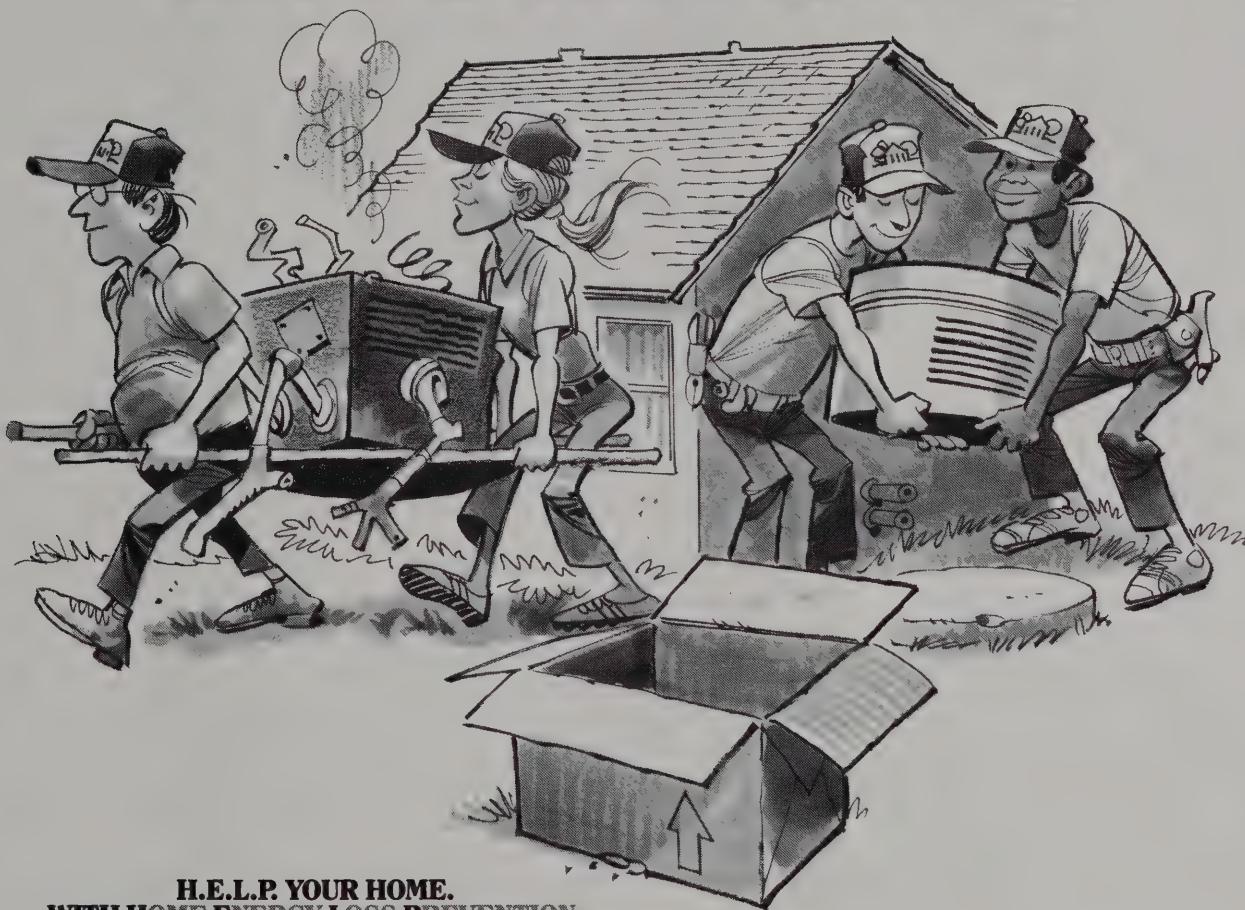
*Sue Browder, a Connecticut-based freelance writer, is a frequent contributor to Cosmopolitan magazine. She is also the author of several books including the New Age Baby Name Book.*

Just don't try to intimidate a 20-24 pointer. You're potential M material. 10-14 points — You can probably balance your checkbook and do other mental tasks okay, but your talents definitely lie in nonintellectual directions. Maybe you have what University of California social psychologist Dr. Dane Archer calls a high S.I.Q. (social IQ).

Less than 10 points — Like Rodney Dangerfield, you don't get no respect. Maybe it would help if you'd stop reading superhero comic books in public.

What's the verdict? If you did poorly, don't despair. Cervantes, author of the great Spanish novel *Don Quixote*, would have done poorly, too. (He allegedly had an IQ of 105, which is just average.) If you think you may be Mensa material, or if you'd like to receive membership information, write to: American Mensa Ltd., Dept. PB 1, 1701 West 3rd Street, Brooklyn, N.Y. 11223. If you send them a check or money order for \$8, they'll mail you an IQ test you can complete at home. Proctored tests are given once a month at the Jefferson Davis Middle School in West Palm Beach. They last two-and-a-half hours and cost \$15. For information on these tests, write Roberta Reusch, 550 South Sky Lake Drive, West Palm Beach, Florida 33406.

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(Continued from page 37)

officially opened to the public on every weekday afternoon, there were 9,174 visitors. By 1865 the number had reached 500,000, but nowadays it's well over 1,000,000. Even though the grass looks as if to walk on it would be a capital crime, there are few restricted areas. Pathways that crisscross the garden take visitors to all corners. Even in the most deserted parts of the garden each tree and plant has a metal plaque at-

tached bearing its Latin name. To the gray squirrels, the plaques have become tooth-sharpeners. Because the trees and bushes are all arranged in groups but look as if they have been there for centuries (as indeed many of them have), only in certain parts of the garden is the flatness of the landscape apparent.

The vistas — or walks — were landscaped by William Nesfield in the 1840s. Perhaps the most beautiful and spectacular of all is the Pagoda Vista, separating two of Kew's most famous buildings,

### Kew Gardens' Royal Past

In such an English setting, it is a curious fact that the history of the gardens is closely interwoven with the lives of three German princesses. The site has always had royal associations — Henry I had a manor house there and Edward VI and Henry VII both had residences in the area.

The recent history of the gardens began in 1720 when George II and his wife Caroline of Anspach bought as their private country home, Richmond Lodge, on an estate once belonging to Henry VIII's powerful friend Cardinal Wolsey, including the riverside half of the present gardens. For Caroline it was perfect — she was able to indulge in her passion of landscape gardening. The extravagant Caroline's cultivation of the estate — with the help of landscape specialist Charles Bridgeman — was the first step which eventually led to the birth of the gardens.

On the scene came the second German princess, who was to play an even greater role. In the early 1730s, Caroline's daughter-in-law Augusta of Saxe-Gotha and her husband Frederick, Prince of Wales, leased the neighboring estate of Kew, an area occupying approximately the other half of the present gardens. Both were passionate gardeners. Everyone who visited them was made to lend a hand in the garden and each of the royal children had his or her own plot there.

Frederick died in 1751 and in 1759 his widow, encouraged by amateur scientist and botanist Lord Bute, began to convert about nine acres of the estate into an exotic garden and arboretum of scientific interest. It gradually increased in size. With Augusta providing the money and Bute as the general manager, William Chambers as architect and landscape artist, and the young William Aiton as the gardener and botanist, there

was no containing their enthusiasm. They raised hillocks and dug lakes. Within six years they built two dozen miscellaneous buildings, including the 160-foot-high Pagoda and the ruined Arch.

George III inherited the Richmond Estate upon his grandfather's death in 1760, and merged it with the Kew Estate when his mother died in 1772. He also acquired a nearby house and its river frontage. He needed the space — by that time he had 15 children. His wife Queen Charlotte (of Apple Charlotte fame), another German princess, carried on the family tradition and was devoted to the gardens.

Queen Charlotte had inherited William Aiton as her gardener but relied on the advice of one of the great botanists of the day. Sir Joseph Banks became the unofficial director and was to provide 40 years of scientific direction. It was largely due to Banks that the botanic garden became famous. His greatest contribution resulted from his policy of sending a succession of young men to all parts of the world to collect plants for Kew. During the reign of George III, almost 7,000 new exotics were introduced into England.

In 1841, after a period of decline when neither George IV nor William IV took much interest, responsibility for the garden was transferred to the state. The first director was Sir William Hooker, who started the department of economic botany, the museums, the herbarium and the library. Over the years, members of the Royal Family have given further areas of the estate to the garden. On the occasion of her Diamond Jubilee in 1897, Queen Victoria gave the delightful Queen Charlotte's Cottage on the condition that the grounds should remain in a semi-natural state.

the Palm House and the Pagoda. Constructed in 1761 at a cost of \$25,000, the 10-story-high Pagoda is one of the most memorable buildings in London. Once, when refused permission to climb the spiral staircase that winds its exhausting way to the top, George III threw himself to the ground in a fit and had to be carried, struggling and kicking, back to his house. Chinoiserie was all the rage in 18th-century Europe when it was built by William Chambers, who modeled its design on the Flowery Pagoda he had seen during a visit to Canton. When the profligate George IV came to the throne, he had the Pagoda stripped of the "glittering glass dragon with a bell in each mouth" that once projected from the 10 roofs and the "multi-colored varnished iron roof plates" replaced with slate — then sold the lot to pay his debts. During the war, the Pagoda played its part in the war effort. Not only did it not lose its inscrutable charm while German bombs were falling all around, but planks were removed from its wooden floors to enable ballistics experiments to be carried out. (There is a rumor that it has been renovated and may soon be opened to the public again.) From the top, the view of the gardens is staggering.

To most visitors from tropical and subtropical parts of the world, the inside of the Palm House presents an instant cure for homesickness. The outside has another effect on all visitors. They tend to stand and stare at it in open-mouthed wonder.

If the Pagoda is one of the most unusual buildings in London, then the Palm House must be one of the most magnificent in England. Of cast iron construction and completed in 1848, it is 362 feet long and 66 feet high. In the sunlight, the 25,000 square feet of glass panes sparkle like the facets of a diamond. Inside the sun still glitters, but off the beads of perspiration of the people walking about in the summer. Even with the heating switched off, the temperature is usually in the upper 90s. Tropical plants, creepers and palms abound. It surely must have provided inspiration to all those Victorian schoolboys who became great explorers.

As well as palms and other tropical plants, the Palm House contains one of the world's finest collections of Cycads — the plant world equivalent to the dinosaurs. One of the plants, *Encephalartos longifolius* was sent from South Africa in 1775 and is Kew's oldest glass house plant. Another plant, *Encephalartos Woodii* is in a bit of a quandry. It's one of only two in existence and they both happen to be male.

Underneath the Palm House where the boilers used to be is a cellar which leads off into a narrow, 150-yard-long tunnel. This used to have a miniature two-tracked railway carrying coke to the boilers and removing ashes. Chimneys, it was felt, would ruin the appearance of the Palm House. The tunnel also carried away the smoke to a specially erected 100-foot-tall building, cleverly camouflaged as an Italian Campanile or detached bell tower. Today, modern boilers running on gas and oil supply the hot water which still travels in pipes along the tunnel. The tower no longer is used and is partly obscured by trees.

In front of the Palm House is George III's lake, as it is known. The large willow growing on the bank was raised from a cutting taken from the tree growing over Napoleon's grave on St. Helena. In the middle of the lake is an enormous, two-ton bronze statue representing Hercules fighting Achelous in the guise of a snake. It was exhibited at the Paris salon in 1814 and originally stood on a terrace at Windsor Castle. It was given to Kew in 1962. Four hundred gallons a minute flow through its 20 jets.

On the opposite side of the lake, facing the Palm House, is the general attic. It's full of the pictures and exhibits, all connected with the subject of economic botany. Mahogany display cases contain such things as wax models of every vegetable, the story of rubber, medicinal plants, arrow poisons, the history of the potato, vegetable dyes and all manner of weird and wonderful objects made by man over the centuries from every sort of tree and plant imaginable. An intricate model of an Indian indigo dye factory made in 1886 stands in an enormous case in the entranceway. The Indian workers all are standing up to their waists in the blue water straining the dye, while up above, native overseers keep an eye open for laziness and count out money in the wage office. A nice touch is the figure of the potbellied watchful owner in a pith helmet and a safari jacket who looks as if he is about to rush off for his afternoon cup of tea or gin and tonic.

Inside another case is the wax model of a large, menacing plant, *Rafflesia arnoldii*, which has some very nasty habits. It's a parasite on various members of the vine family, pollinated not by bees but by flies, as it smells of rotting meat. A *Rafflesia* by any other name would smell as dreadful. It adds a new dimension to the words "Say it with flowers." Why it is in a museum of economic botany isn't explained.

One of the things that delights visi-

tors as they make their way around the grounds through the different sections like the Grass Garden, the Bamboo Garden and the azaleas is the charm of the many monuments and temples. All were erected at the whim of the many monarchs who have taken an interest in the place over the years — not as part of a grand design. In the 18th century no house was complete without a ruined building on its grounds, built to look as though it had been standing for centuries. Keeping up with their neighbors led to some owners erecting ruined castles costing as much as many people paid for a substantial home. Kew's flirtation with this fashion is the Ruined Arch built by pagoda architect Chambers in 1760. Schoolboys throughout the centuries have contributed to what was intended to look like the ravages of Roman soldiers and the passage of time.

An architectural fashion which lasted a good deal longer was the late 18th and 19th century love affair with the Gothic style. To the Victorian mind in particular it was an agreeable balance between medieval romanticism and

*'glass panes sparkle  
like the facets  
of a diamond.'*

functional dullness. Buildings were not supposed to be enjoyed but merely serve a purpose. One that slipped through the net and is an absolute pleasure to behold is the Temperate Glass House at Kew.

A Victorian Gothic fantasy in cast iron and glass, the house is an unforgettable experience both inside and out. Built to house those members of the plant world who are used to weather slightly warmer than London's, it covers nearly two acres and therefore is slightly larger than the Palm House even though it doesn't look as big. When it was built between 1860 and 1862, it cost \$60,000. Its restoration, completed in 1977, cost \$2,500,000.

The Victorians had the last laugh when it came to the installation of a modern heating system. The old style cast iron radiators were retained because they were found to be much more efficient than the new ones. Again and again during the war, German bombs and thousands of incendiaries rained down on Kew. Perhaps spies had found out about the ballistics experiments in the Pagoda. They broke a great deal of

glass, but far less than the hailstorm in August 1879 which smashed 40,000 panes weighing a total of 18 tons. One of the effects of the German bombing was to expose a 10-year-old magnolia in the Temperate Glass House to sudden severe cold. It flowered for the first time.

A few hundred yards from the Temperate House is the Marianne North Gallery, believed by many to have the most perfect picture display arrangement in the world. There was something

### *The English Garden*

The emergence of the English style of garden at the beginning of the 18th century was a great relief to the many people in Europe who took an interest in landscaping. For so long they had been imprisoned by the rigid formality of the French or Dutch style of garden layout with its geometric flower beds, short cropped hedges and endless fountains. The English landscape characteristics of tranquil lakes, meandering paths, undulating lawns and informally planted groups of trees were made famous by such men as Charles Bridgeman, Lancelot "Capability" Brown and William Kent — each of whom worked at Kew at some time in their lives and whose style was enthusiastically adopted. "William Kent," said Horace Walpole, "was the first to leap the fence and show that the whole of nature is a garden."

One early convert to the English style was Catherine the Great, who was extremely interested in botany. She once wrote to Benjamin Franklin and asked him to provide details of North American fauna for her library. Writing to her friend and mentor Voltaire in about 1770, Catherine described how much she hated the formal style of garden adopted by Peter the Great in the gardens of palaces such as Peterhof, how much she admired the English style, and that she was adopting it everywhere with the assistance of an English gardener. "In a word," she wrote, with characteristic wit, "Anglomania rules my plantomania." She even sent an architect and some gardeners to Kew to get ideas. The French, however, remained unimpressed. One wit wrote, "To design an English garden on *n'a qu'a envirer son jardinier et a suivre ses pas*," which roughly translated means, "All you have to do is to make your gardener drunk and then follow him."

about the Victorian age that produced women like Miss North, who traveled the world between 1872 and 1885 painting the flowers, landscapes and plants of the many countries that she visited. Often she lived among natives in very primitive conditions at a time when convenience foods meant a missionary simmering in a giant pot. Natives the world over, having experienced white man's civilization, were anything but friendly. Miss North, painting in oils, usually completed a picture a day even though she had no formal art training. The entire 848 pictures were bequeathed to Kew along with the special gallery designed by her architect friend James Fergusson. As the guide book says, "The pictures were arranged in the gallery by Miss North and the whole effect is a breathtaking experience."

Across the gardens past the big lake visited by many varieties of wild birds, stands the Royal Palace of Kew, also known as the Dutch House, built by a Dutch merchant in 1631. Although it doesn't look as grand as many of the other Royal palaces, its place in history is assured. In 1802 when Kew House was demolished, the palace was used regularly by the Royal Family. In 1877 when the

21-year-old daughter of the Regent died in childbirth and the succession was threatened, the remaining bachelor dukes were rushed into matrimony. The marriages of the Duke of Clarence (afterwards William IV) and of the Duke of Kent, whose daughter was to become Queen Victoria, took place in the Queen's Drawing Room on the first floor. Queen Charlotte, whose husband

he was George IV. It contains a large fly with two enormous eyes, presumably rubies. On one wall is a painting entitled *Queen Charlotte's Passage to England*. It depicts a storm so furious that the old sailing ships in the picture are almost horizontal among the mountainous waves. After such a journey it's no wonder that for the rest of her life she devoted herself to the *terra firma* of Kew.

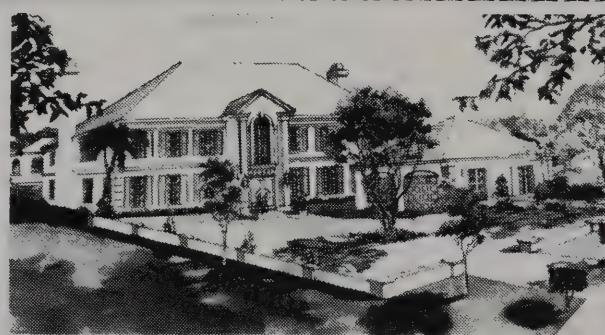
On summer evenings as the sun begins to set over the river, the gardens are closed for the day and visitors slowly amble back through the enormous gates. The world famous herbarium on the left was once the home of the King of Hanover. Those pubs which looked so welcoming in the sunshine now become, with their warm glowing interiors, a wonderful refuge for tired visitors to rest their feet. As darkness falls, the gardens echo to the patter of the feet of the wildlife — or could it be the ghosts of the many people who have worked to turn the gardens into a legendary setting? □

*The site has  
always had royal  
associations'*

George III died in madness at Windsor, herself died in a black silk-covered armchair which still may be seen in the queen's bedroom. In the small museum are displayed many items connected with the family of George III. So famous was the prodigality of the Regent Prince of Wales that two of his gambling debts are framed for posterity. In another case is his fishing tackle, made in 1823 when

With acknowledgement to Wilfrid Blunt (author of *In for a Penny*, Hamish Hamilton 1978) and the tremendously helpful staff of the Royal Botanic Gardens.

*Evan Morgans resides in London.*



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# Snakes of Florida: PART II

BY HELEN SHEA JOHNSON

The venerable reptiles still flourish after a quarter of a billion years on our planet. Over the millenia the limbless, sluggish, small-brained snake has watched a succession of land creatures inherit the earth and disappear, everything from the squirrel-sized colylosaur to the schooner-sized brontosaurus, from flocks of pterodactyls to dynasties of dinosaurs.

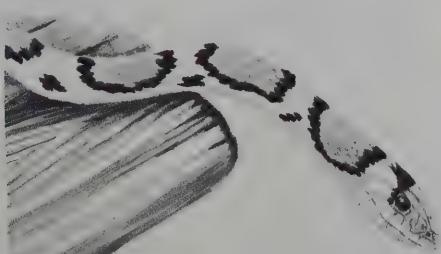
The humble snake still inherits his small plot of earth, having painstakingly developed survival equipment to offset any physical handicaps. His elastic, hinged jaws can accommodate prey far bigger around than he is himself. A slow metabolism allows him to wait weeks for the right meal. His lack of legs gives him access to cracks and crevices which are out of bounds to legged creatures.

Three-fourths of the world's snakes are members of the enormous Colubridae family, every one of them helpful in keeping down the rodent and bug population. All but one of the following snakes are of the Colubrid tribe and almost all would like to be friends. An obvious exception is the coral snake.

**Coral Snake** (*F. Elapidae*, Length: 23 inches to 32 inches): A timid burrower in leaf mold, he wears red, yellow and black rings as a warning flag to a hungry raccoon or hawk. The human intruder can identify him by his black snout and the fact that every other ring is yellow.

A close relative of the cobras of India and Australia, his specialized venom attacks his prey's nervous system, quickly causing paralysis and suffocation. Snakes, lizards and caterpillars are his daily bread.

**Scarlet King Snake** (*F. Colubridae*, Length: 14 inches to 20 inches): In the snake world the coral snake has admirers and one of them is the scarlet king, who makes his living and avoids trouble by pretending to be a coral-snake. Innocent though he is, he has worked very hard at his disguise and unless you have the time for a close inspection, you might be as easily confused as many a bird enemy is. Only the scarlet king's red snout (rather than the coral's black one) and the fact that every other band is not yellow betrays the fact that he is entirely harmless.



**Scarlet Snake** (*F. Colubridae*, Length: 14 inches to 20 inches): Another of the coral snake's admirers, he has not yet perfected his disguise, which might be the reason he is

seldom seen above ground except at night or after a heavy rain, and then again, perhaps not. But whatever the reason the jewel-like creature — great glistening rubies set in black-banded, carved ivory — burrows in sandy, loamy soil with his red, pointed snout seeking out snakes and lizards in the twilight hours, leaving the bright light of day to those of more adventurous inclinations.



**Corn Snake** (*F. Colubridae*, Length: 3 feet to 4 feet): The gaudy yellow and red friend of the farmer dines on rats and mice. A friend of many generations of youngsters since he is easily tamed, the corn snake is a member of a much larger family than appears at a casual glance because he spends a lot of time sleeping or prowling about in other animals' burrows.

He has earned his name from the fact that he has dedicated his life to ridding cornfields of rats and mice, and he does a valiant job in the early morning and late afternoon. Midday however, finds him curled up in a gopher hole or under a board in the barn taking a well-earned rest.

**Indigo Snake** (*F. Colubridae*, Length: 5 feet to 8 feet): The largest native North American snake, smooth, gleaming blue-black, with a rosy blush under his chin, is much too easygoing for his own good. Seldom, if ever, does he think to bite anyone. But if cornered he makes a heroic attempt at ferocity, flattening his neck vertically, hissing, vibrating his tail against the dry leaves to make a rattling sound and generally trying to look unfriendly.

A snake of catholic eating habits, almost anything scampering or scurrying about will do but he does enjoy a nice cottonmouth or rattlesnake which he gulps down whole, ignoring his prey's fangs sinking into him.

**Eastern Coachwhip Snake** (*F. Colubridae*, Length: 4 feet to 5 feet): A "two-toned" snake, his dark head and neck fade to a unique light-brown tail. A member of a diurnal family, he may be one of the few snakes with insomnia, taking to wandering about at night in open grasslands or brushy areas looking for rats, mice and small snakes. Coming upon a midnight snack he flicks the fore part of his body over it, pressing it to the ground while he proceeds to gulp it down.

Confronted with an intruder during the day he escapes with a lightning burst of speed, but cornered he fights savagely, sink-

ing his teeth and ripping his enemy's flesh. Alarmed, he borrows the indigo's trick of vibrating his tail in dry brush to make a rattling sound.

**Florida Pine Snake** (*F. Colubridae*, Length 4 feet to 5 feet): A powerful rusty-brown snake who constricts his prey, he is both a climber in pine stands and a burrower in scrub country. Not particularly mild-tempered at any time, when annoyed he takes an enormous breath, raises the fore part of his body and explodes with a shrill hiss.

His regular fare of mice, rats and frogs is augmented with eggs — bird, snake, chicken, any kind of eggs — which he devours, five or six, for a meal. Swallowing the whole egg a few inches, he presses the fore part of his body against the ground while his powerful muscles crush the shell and down it goes, shell and all. Then it's on to the next egg.

**Yellow Rat Snake** (*F. Colubridae*, Length: 4 feet to 6 feet): Like the gaudy corn snake, he is another of the farmer's friends and is partial to barns and out-buildings where his favorite food, rats and mice, are most likely to be found.

However, as he is agile and adventurous — a swaying tree top is solid ground to him — he's not above robbing a bird's nest, throwing a constricting coil around it as he gulps down eggs, nestlings and all. Back on the ground and surprised by an enemy he will retreat if he can do so with dignity, moving off in an indifferent, bored sort of way. Cornered he fights to the death, giving off a strong, evil-smelling odor from a pair of glands near the base of his tail.



**Hognose Snake** (*F. Colubridae*, Length: 15 inches to 22 inches): Unlike the corn snake, he is neither agile nor adventurous, and finds his thick, stubby body a decided liability when it comes to fight or flight. So over the centuries he has polished his act as a quick-change artist. Gulping air to inflate himself, he spreads his mottled head and neck in the frightening stance of a cobra and hisses loudly (a performance that has earned him other names: "puff-adder," "blow viper," and "spreading-adder").

If that bluff fails, he may thrash about convulsively, roll over on his back, tongue lolling out of his sharply up-turned snout, and with a final quiver, "play dead." If the intruder backs off he'll raise his head in a few minutes, peer anxiously about, turn over and wriggle off as fast as his sausage-like body will permit.

about the Victorian age that produced women like Miss North, who traveled the world between 1872 and 1885 painting the flowers, landscapes and plants of the many countries that she visited. Often she lived among natives in very primitive conditions at a time when convenience foods meant a missionary simmering in a giant pot. Natives the world over, having experienced white man's civilization, were anything but friendly. Miss North, painting in oils, usually completed a picture a day even though she had no formal art training. The entire 848 pictures were bequeathed to Kew along with the special gallery designed by her architect friend James Fergusson. As the guide book says, "The pictures were arranged in the gallery by Miss North and the whole effect is a breathtaking experience."

Across the gardens past the big lake visited by many varieties of wild birds, stands the Royal Palace of Kew, also known as the Dutch House, built by a Dutch merchant in 1631. Although it doesn't look as grand as many of the other Royal palaces, its place in history is assured. In 1802 when Kew House was demolished, the palace was used regularly by the Royal Family. In 1877 when the

21-year-old daughter of the Regent died in childbirth and the succession was threatened, the remaining bachelor dukes were rushed into matrimony. The marriages of the Duke of Clarence (afterwards William IV) and of the Duke of Kent, whose daughter was to become Queen Victoria, took place in the Queen's Drawing Room on the first floor. Queen Charlotte, whose husband

he was George IV. It contains a large fly with two enormous eyes, presumably rubies. On one wall is a painting entitled *Queen Charlotte's Passage to England*. It depicts a storm so furious that the old sailing ships in the picture are almost horizontal among the mountainous waves. After such a journey it's no wonder that for the rest of her life she devoted herself to the *terra firma* of Kew.

On summer evenings as the sun begins to set over the river, the gardens are closed for the day and visitors slowly amble back through the enormous gates. The world famous herbarium on the left was once the home of the King of Hanover. Those pubs which looked so welcoming in the sunshine now become, with their warm glowing interiors, a wonderful refuge for tired visitors to rest their feet. As darkness falls, the gardens echo to the patter of the feet of the wildlife — or could it be the ghosts of the many people who have worked to turn the gardens into a legendary setting? □

## *The site has always had royal associations'*

George III died in madness at Windsor, himself died in a black silk-covered armchair which still may be seen in the queen's bedroom. In the small museum are displayed many items connected with the family of George III. So famous was the prodigality of the Regent Prince of Wales that two of his gambling debts are framed for posterity. In another case is his fishing tackle, made in 1823 when

With acknowledgement to Wilfrid Blunt (author of *In for a Penny*, Hamish Hamilton 1978) and the tremendously helpful staff of the Royal Botanic Gardens.

*Evan Morgans resides in London.*



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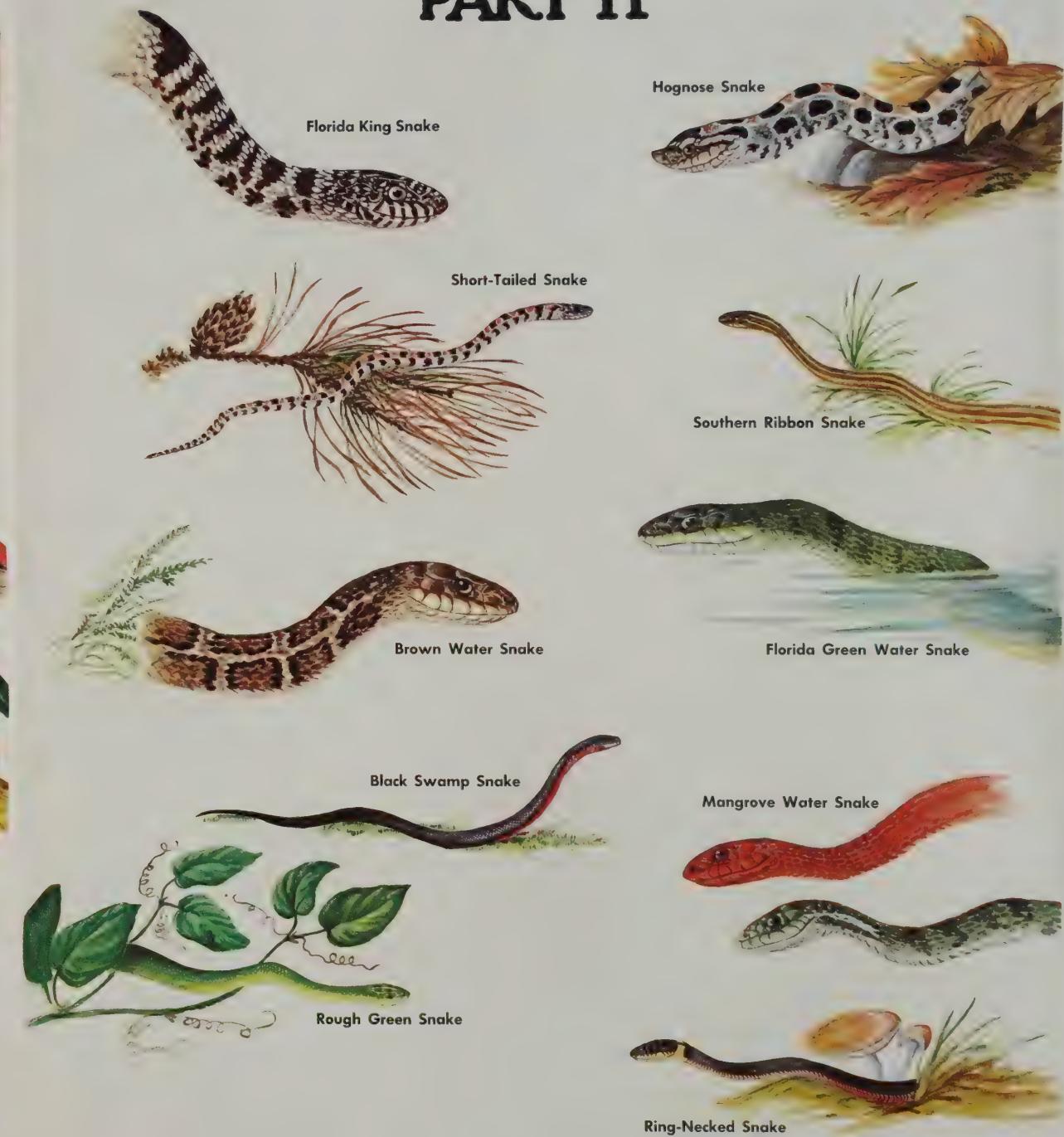
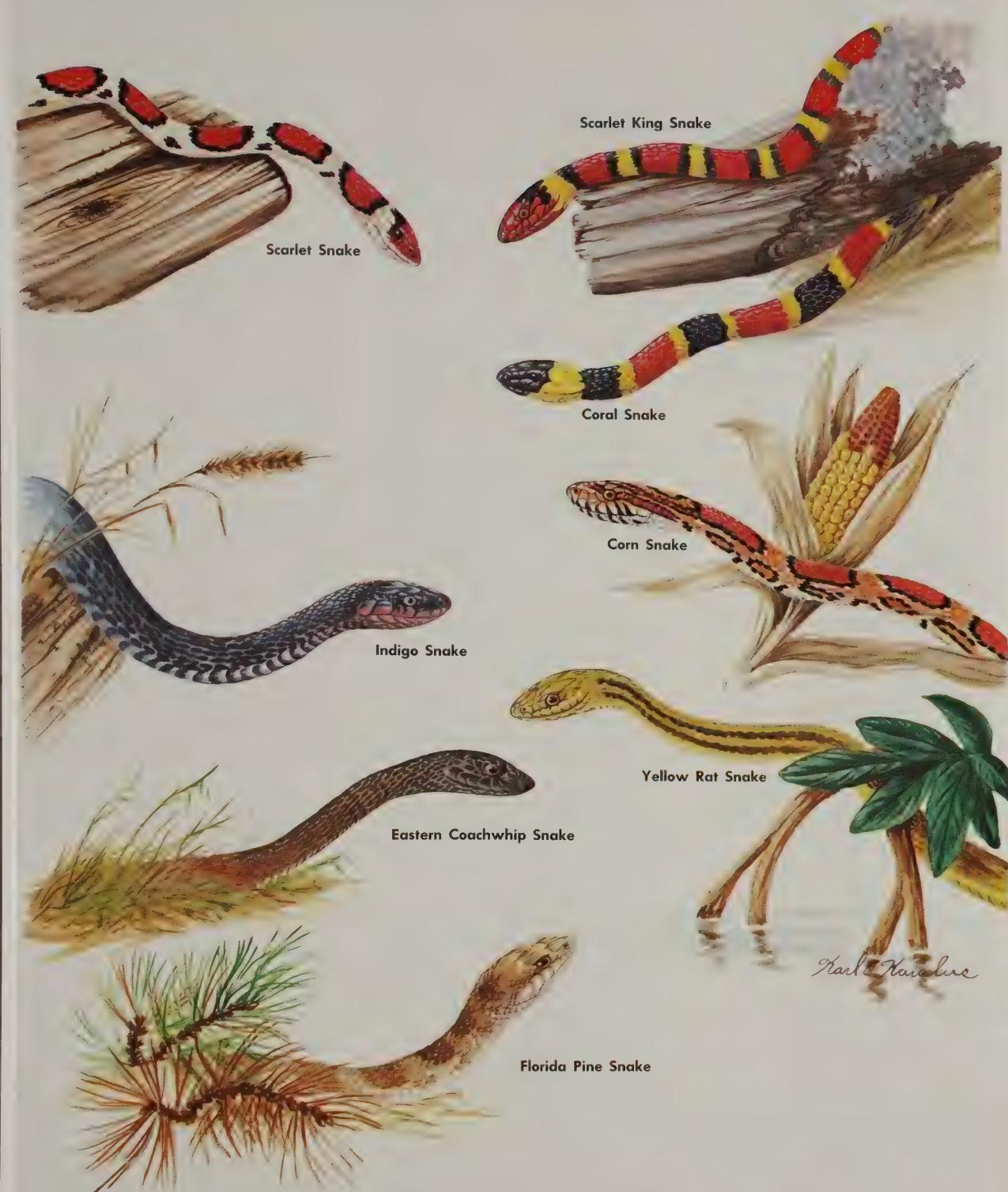
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## Snakes of Florida: PART II



He makes his home in sandy areas and live oak hammocks or swamps, where a nice fat toad is his idea of a nourishing meal. A toad however, resents being swallowed and will gulp air as fast as it can to make itself as big as it can. But the hognose has resourcefully developed an extra lance-like tooth in the back of his mouth with which he deflates the luckless toad.

**Florida Kingsnake** (*F. Colubridae*, Length: 3 feet to 4 feet): Meek and mild with people, he's fiercely aggressive with fellow serpents. He has earned his name fairly and even in an encounter with a diamondback rattle, the odds should be on the kingsnake to win.

A powerful constrictor, he takes on any and all opponents and when chance brings him face to face with a rattler, copperhead, or cottonmouth, he immediately sets to work crushing it in his coils, completely oblivious to the poisonous bites of his adversary. He invariably wins the uneven battle and swallows his conquered enemy, head first.



**Short-Tailed Snake** (*F. Colubridae*, Length: 16 inches to 18 inches): A Lilliputian relative of the kingsnake — not much bigger around than a jump-rope, with a hiss not much more than a faint sneeze — the shy burrower is known only in Central Florida. He fancies other snakes for his main meal so you wouldn't expect him to have much luck, but he solves his food-gathering problem by squeezing the breath out of them just as handily as the kingsnake does.

**Southern Ribbon Snake** (*F. Colubridae*, Length: 18 inches to 26 inches): Even slimmer than the short-tailed snake, in fact no bigger around than a pencil, he changes his color from gray to greenish-black to warm-brown, depending on the light and the way you're looking at him. However, his three yellowish stripes, one along the back and one on either side, never vary although his dorsal stripe may be faded.

*Karl Karalus, the nationally known wildlife artist, co-author of three books and illustrator of seven books, is most recognized for his illustrations in Owls of North America, published by Doubleday. Karalus, who lives on an island off the west coast of Florida, is currently illustrating a book on the birds of Florida.*

He's nervous and irritable but damp places soothe him. He is an excellent swimmer and spends a good part of his time in the water, where he has no trouble finding the frogs and tadpoles that are his favorite foods.

**Brown Water Snake** (*F. Colubridae*, Length: 3 feet to 5 feet): He's not only irritable but just plain mean-tempered and will bite viciously, given the opportunity. One of the easiest to mistake for the venomous cottonmouth — with the heart-shaped head erroneously said to occur only in poisonous snakes — he drapes himself along a branch overhanging quiet water, and has unnerved more than one fisherman by a disconcerting habit of dropping into his boat. If this should happen to you and you care to hold your ground, and find that he prefers retreat, you have almost certainly encountered a brown water snake. However, if the snake should rear back, white mouth agape, you have just met a cottonmouth and prudence should dictate a rapid, conciliatory exit. Let him have the boat.

**Florida Green Water Snake** (*F. Colubridae*, Length: 3 feet to 4 feet): At a casual glance, he too, with his wedge-shaped head, could be mistaken for a cottonmouth with a greenish tinge, but his disposition is considerably sunnier. However, it pays to treat him with respect since his sharp, recurring teeth are a potent weapon.

He swims gracefully and dives with the greatest of ease, but stranded on dry land his large, bulky body has a harder time of it than the hognose as he tries to hunch along the ground. Despite his girth the green water snake is a good climber and likes nothing better than to bask in the sunshine along a tree limb overlooking stagnant, quiet water, where he keeps a myopic eye out for frogs and fish.

**Black Swamp Snake** (*F. Colubridae*, Length: 10 inches to 15 inches): His satiny black coat lies open over his bright-red belly as he curls himself under a water hyacinth, hoping to be ignored. While he will wander ashore on a rainy night he returns to his cypress pond for a breakfast of fish, tadpoles or leeches.

Although he is a gold medal swimmer he remains unimpressed by his own abilities and spends most of his time in the water crawling about among the floating plants. However, a bright, sunny day will lure him from his watery world to bask on a nearby cypress "knee."

**Mangrove Water Snake** (*F. Colubridae*, Length: 20 inches to 30 inches): Found only among South Florida's mangrove swamps where he feeds on fish, he comes in a wide variety of colors that range from straw-colored, brick-red, a spectrum of greens to a velvety black. As with all snakes he goes through life with only one lung, having relinquished the other millennia long ago in the interest of achieving his elegant, cylindrical shape.

Also known as the "flat-tailed snake," he lives up to his name, looking as though the last one-third of his cylindrical body had been caught in a closing door. His vertical appendage however, makes him the most efficient swimmer in the serpent world.



**Ring-Necked Snake** (*F. Colubridae*, Length: 10 inches to 14 inches): He makes no claims to swimming abilities but he does like to be near a nice swamp or pond where he hides under stones or under the decayed bark of trees until nightfall. One of the most nocturnal of all serpents, he then comes out under cover of darkness to hunt for earthworms, snails and insects.

Above his dark coat he wears a yellow collar, and some of the more fashion-conscious affect a string of black polka-dots (actually, semi-circles) along their yellowish bellies and tails. A good-natured, shy little snake, the ring-necked asks only for privacy. When his hiding place is discovered, he makes a half-hearted attempt at fierceness by twisting his brightly colored tail in an upward spiral and waving it at the intruder — a practice that has earned him the nickname, "corkscrew snake."

**Rough Green Snake** (*F. Colubridae*, Length: 22 inches to 32 inches): An adventurous and extremely good-natured snake, he spends most of his life, attired in his peacock green coat, climbing trees, bushes and vines. If you should happen to be in the right place at the right time you might witness a slender twig turn into the air-thin grace of a rough green right before your very eyes.

As his diet consists entirely of grasshoppers, caterpillars and spiders he's a very good snake to have around. In fact he likes to be around. Not shy, he enjoys company, takes no offense at being handled and makes a splendid addition to the home — if he blends with your color scheme.

If people are around to have homes within the twinkling of the next few million years the venerable reptiles, perhaps even the sunny natured rough green, stand a good chance of being somewhere in the vicinity sharing the planet. □

*Helen Shea Johnson, a frequent contributor to Palm Beach Life, has researched the fauna of Florida for more than five years. She has written numerous nature-related articles for national publications including Travel and Leisure.*

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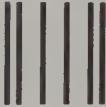
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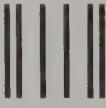
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## IN GOOD SHAPE

(Continued from page 13)

Omaha, Nebraska, an expert on osteoporosis, says children and young people should consume 800 to 1000 milligrams daily. Brody says other bone experts feel the RDA should be "at least 1,000 milligrams before menopause and 1,200 to 1,500 milligrams after menopause" to keep a "positive" calcium balance.

Teenage girls enter adulthood with thinner bones than they should for the same reason: inadequate calcium intake. Since so many teenage girls today are also smokers, this sets them up for even earlier osteoporotic problems than their mothers and grandmothers. Teenagers are also frequent dieters, but greater consumers of hamburgers and soft drinks. Too much protein interferes with the absorption or utilization of calcium. Phosphorus in soft drinks stimulates the parathyroid hormone to leech calcium away from the bones. Phosphorus is also used as a preservative in packaged and processed foods — the "junk" foods so often preferred by teens.

Calcium is deposited in proportion to the load that bone must carry. Bone density, then, and therefore its strength, depends on the extent to which bone is used. A well-exercised athlete's bones are heavier and stronger than those of a sedentary person. A leg immobilized in a cast will become thin and decalcified while the bone of the opposite leg that a patient continues to walk on may become thicker because of the increased load it must bear. Space physicians working with astronauts quickly learned that weightlessness produces osteoporotic changes on bone density. "The skeleton will adapt to the mechanical loading that you put on it," explains Dr. R. Bruce Martin, director of orthopedic research at West Virginia University. "If you increase the force, the bones become stronger. If you decrease the force, the bone weakens."

Unfortunately, osteoporosis is usually not detected and treated until the disease is considerably advanced. By then many women have been victimized by hip fractures that frequently are the first stages of invalidism; by collapse of the spinal vertebrae resulting in crush fractures, dowager's hump and chronic low back pain; by height loss — as much as one and a half inches each decade after menopause.

Treatment for osteoporosis is still experimental. Some methods — including increased dietary calcium intake, responsible exposure to sunlight and a sensible life-long exercise program — are safe, reasonable and medically well-

## CALCIUM IN FOOD

Source: United States Department of Agriculture

FOOD	AMOUNT	CALCIUM (in milligrams)
skim milk	8 ounces	302
2% milk	8 ounces	297
whole milk	8 ounces	219
buttermilk	8 ounces	285
low fat yogurt	1 cup	415
low fat yogurt w/milk	1 cup	314
frozen yogurt	1 cup	200
cottage cheese, creamed	1/2 cup	116
Swiss cheese	1 ounce	272
Parmesan cheese/grated	1 ounce	390
Cheddar cheese	1 ounce	204
Mozzarella	1 ounce	183
American cheese	1 ounce	174
sardines with bones	3 ounces	372
salmon with bones	3 ounces	285
oysters	1 cup	226
shrimp	1 cup	147
bean curd	4 ounces	154
collards	1 cup	357
turnip greens	1 cup	267
kale	1 cup	206
mustard greens	1 cup	193
dandelion greens	1 cup	147
broccoli	1 cup	136
bok choy	1 cup	116

*Note:* Certain dark green leafy vegetables such as spinach, Swiss chard, sorrel, parsley and beet greens, con-

tain a lot of calcium, but they also contain oxalic acid which inhibits absorption of the calcium.

documented. Other methods should be viewed skeptically until further long-term evidence is available. Estrogen replacement therapy is among them, as is the consumption of vitamin D and fluoride supplements.

Calcium rich foods are the preferred source because the mineral is better absorbed. For those who, for weight reasons, cannot eat enough calcium rich foods, calcium supplements are an alternative. Experts recommend taking supplements in the form of calcium carbonate (the most concentrated source at about 40 percent calcium), calcium lactate (gentler to the stomach), or calcium gluconate. Avoid such supplements as bone meal and dolomite. Some brands contain lead and toxic metals. Calcium is better absorbed when spread throughout the day, with one dose reserved for before bedtime.

Getting enough sunshine is usually not a problem for those living in Palm Beach County. The ultraviolet rays striking your bare skin helps turn a fatty substance in the skin into a precursor of vitamin D. It actually takes about three or four days to produce the vitamin. The secret is to protect your skin and enjoy the sun every day possible — in small

outings. Remember, you won't get the same benefits through a window. While the sun's heat penetrates glass, its UV rays don't.

One of Florida's favorite pastimes doesn't protect you from osteoporosis. Swimming is of little value in increasing bone density. Exercise that works against gravity — walking, jogging, cycling, tennis — is best. A recent University of North Carolina study of athletic women, aged 55 to 75, found they had the bones of much younger women. Their bones measured 15 to 20 percent denser than those of sedentary women their age. As little as an hour a day three times a week was found to slow, or stop, bone loss. Another study showed that a daily, hour-long walk was effective.

Prevention is clearly the best treatment. While it is difficult to follow preventive measures when you are not suffering from symptoms, unless young women begin now to get adequate calcium, sunshine and exercise they, too, can become future victims of osteoporosis — no bones about it. □

*Joy Tomlinson Phelan is a member of the American Medical Writers Association.*

SHANNON DONNELLY

# COTTAGE COLONY



John Brogan and  
Eles Gillet  
(Piaget)



Arlene Brownstein  
and Jane Seymour  
(Piaget)



Helen Boehm  
and Warry Gillet  
(Piaget)



Leslie Combs  
(Lexington)



Diana and Lowry Bell  
(Victorian Picnic)



Marjorie Meek  
(Victorian Picnic)



Robert Foxworth  
(Piaget)



Eunice and Bob  
Gardiner  
(Piaget)



Chan and John Mashek  
(Piaget)



Sam Digges  
(Victorian Picnic)

When the Piaget people held their annual World Cup gala for the benefit of St. Mary's Hospital, absolutely everybody was impressed by the weekend's lineup. Everyone, that is, except Mother Nature, who showed her indifference to celebrity polo, fieldside luncheons and de la Renta, Scaasi and Stavropoulos gowns with an incessant rain.

Rain greeted the celebrities — **Jane Seymour, Robert Foxworth, Doug Sheehan** and **William Devane** — upon their arrival at Palm Beach International Airport. It cancelled the Saturday Piaget World Cup consolation polo match and soaked the fields. It kept the attendees at the Young Friends of St. Mary's luncheon huddled under a fieldside tent.

It did, however, let up only moments before guests started arriving for the Piaget World Cup Ball at the Palm Beach Polo and Country Club. The Players Club was packed to the rafters with champagne-quaffing guests who studied the celebrities and the two about-to-be-raffled Piaget watches in turn. Then, after being summoned by a proper young waitress with a proper little dinner bell that emitted a proper tinkle, it was upstairs to the Polo House for dinner and dancing.

Dinner was a chilled fish mousse, salad, veal and a fruit mousse for dessert. But it was the dancing that was the highlight of the evening. In addition to the more traditional music of **Joe Rene**, the planners of the gala also opted for a post-dinner discotheque. Palm Beachers, game bunch that they are, shook off their initial trepidation at the sight of the giant-sized speakers, hit the dance floor and showed an ability to boogie with the best of them. Xenon had nothing on the Polo House that night.

**Eles Gillet** and **John Brogan** were co-chairmen of the gala. **Yves Piaget, Mary Sanford**, and **John and Chan Mashek** were honorary chairmen.

Disco night notwithstanding, the guests were bright-eyed as they showed up next morning for the *de rigueur* brunch-before-polo, only to discover that the weekend's rain had soaked the ground thoroughly, leaving the fields dangerously soft and the championship match cancelled. True to the Palm Beach never-say-die tradition, helicopters were brought in shortly before game time to dry out the field enough to play the consolation match.

Where else would you read these things?

If you don't think it's worth traveling all the way to Kentucky for a party, then you've never been to the Lexington Ball.

Held the evening before the Bluegrass Stakes, the Lexington Ball is the unofficial gun that starts the Kentucky Derby party countdown.

The gala is held in the Lion's Circle of **Leslie Combs**' Spendthrift Farms. The Lion's Circle really is a cul-de-sac with stone steps and Grecian columns guarded by two stone lions. It is all that remains of Elmendorf, which once was the home of Ali Ben Haggin and later Joseph Widener.

Co-chairmen **Juliette Trapp** and **Helen Mayes** spent hours preparing the interior of the giant white tent. A gazebo — which eventually would house society pianist **Peter Duchin** — sat in the middle of the dance floor. The poles that supported the tents were disguised to look like tree trunks and with the flowers and the greenery, the whole thing could have been an Arbor Day celebration.

Then, of course, the next day everybody gathered at an abandoned train station in Midway, Ky. for **Edna French Johnstone**'s "Hobo Party" held on an old train car. There was even a caboose for a



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and calamari frita as an appetizer. Dinner from 4 p.m. to 10:30 p.m. 659-2426.

**Dominique's**, 214 S. Olive Ave. A variety of cuisine, including German, Italian and Lebanese dishes, just to name a few. Three or four special dishes each day. A variety of sandwiches and salads are available. Take-out hot and cold meals or eat in. Lunch only. 833-2805.

**The Gathering**, 4201 Okeechobee Blvd. Choose from a varied menu of seafood, beef and surf-and-turf — though the selections of Midwestern beef (aged on the premises and cut daily) are a specialty. Try the rice pilaf and the lavish 36-item salad bar. Irish, Jamaican and Keoke coffees are also featured. Dinner is served Sunday through Thursday from 5 to 10 p.m. and on Friday and Saturday until 11 p.m. No reservations. 686-2089.

**Granada**, 624 Belvedere Road. Cuban fare is featured, with Spanish accents. Paella and hearty soups are served. Caldo Gallego is the pride of the house. They are open for luncheon and dinner. Closed Mondays. 659-0788.

**Gulf Stream Seafoods Restaurant and Fish Market**, 5201 Georgia Ave. Hot plates include fried snapper, shrimp, oysters and Ipswich clams. Pick your fish or seafood from the retail market and have it cooked to order. Lebanese pastries are available. Open Monday through Saturday. Lunch and dinner. 588-2202.

**Houlihan's Old Place**, Palm Beach Mall, 1801 Palm Beach Lakes Blvd. Houlihan's has everything from light bites to full course fare. Snacks include batter-fried mushrooms and zucchini, nacho platters and egg rolls. Crispy roasted boneless duck with Grand Marnier sauce is a specialty. Special drinks include margaritas, frozen daiquiris and exotic coffees. 471-9440.

**Hyatt Palm Beaches**, 630 Clearwater Park. The hotel's sophisticated Cafe Palmier will appease anyone's epicurean longings. Food is beautifully presented and you'll like the little extra touches in this first-rate restaurant. Bay scallops with broccoli in creamy saffron champagne sauce, filet mignon with artichoke hearts, goose liver mousse and truffle sauce, veal Normandy with apples, morels and tomato noodles are among the offerings for dinner. The Terrace offers breakfast and continuous lunch-dinner service. You'll enjoy Italian omelets baked open-face, sandwiches and salads lavishly garnished with fresh fruits and vegetables, ribs, steaks and fish of the day. 833-1234.

**Margarita y Amigas**, 2030 Palm Beach Lakes Blvd. Mexican food is served in an attractive setting. Nachos, enchiladas, tacos and burritos, combination plates and chimichanga are on the menu. The wild tostada is outrageous but fun. Order a bucket of six South-of-the-Border beers and have a tasting. The menu is the same 11 a.m. until midnight. 684-7788.

**Ming Kee**, 5774 Okeechobee Blvd., in Century Plaza. Takeout Chinese food is cooked to order with love. Combination dinners are for one, two or three but will easily serve more. Try the moo goo gai pan with thick pieces of fresh white meat chicken, snow peas and Chinese vegetables. Good egg rolls and wonton soup are served. Special Chinese dishes are prepared on request. 684-0482.

**Mr. Tandoori**, Commons Mall, 12794 West Forest Hill Blvd., Wellington. Tandoori specialties and curries feature chicken, meat and seafood. Biryani rice dishes and vegetables are also served. For starters, try lamb, shrimp and chicken pieces marinated and barbecued tandoori style. Lunch is served from 11:30 a.m. to 2:30 p.m.; dinner from 5:30 to 10:30 p.m. 798-2755.

**Nonna Maria**, 1318 N. Military Trail in Luria Plaza. Intimate Italian restaurant offers provini veal dishes and pasta. Rollatini is veal stuffed with prosciutto and mozzarella cheese and topped with mushroom sauce. Zuppa di pesce heaps shrimp, clams, mussels, scungilli and calamari atop linguine. 683-6584.

**Royal Greek**, 7100 S. Dixie Highway. Family restaurant offers Greek and non-Greek dishes with home-cooked flavor. Pepper steak kabobs, moussaka, pasticho and

baklava are delicious. Be sure to try their Greek wines and the towering coconut meringue pie. They're open for breakfast, lunch and dinner. Closed Sundays. 585-7292.

**Sawgrass Grill**, 1756 S. Congress Ave., Palm Springs. A handsome restaurant offering fresh seafood and steaks. Catch of the day, shrimp and lobster tails and choice grilled steaks. Luncheon features a wide selection of salads and sandwiches. 964-4101.

**Sitar of India Restaurant**, 7504 S. Dixie Highway. Patterned after the famous Khyber Indian Restaurant in Chicago, the fare is authentic with many dishes cooked in the tandoor oven. Specialties include Mughlai curries and Biryani rice dishes. Indian breads are a delight. Begin your meal with a sweet or salty lassi or a bowl of Mulligatawny soup. Lunch and dinner and most items available for takeout. 582-2496.

**Tequila Willie's Saloon & Grill**, 2224 Palm Beach Lakes Blvd. This fun restaurant has a casual Mexican atmosphere, where you can enjoy a variety of munchies or a full dinner. They also offer American burgers and deli and raw bar food. The "stampede," designed to serve four to six, includes tacos, enchiladas, tamales, tostadas and more. Open for lunch, dinner, late snacks and Sunday brunch. 471-1900.

**This Is It Pub**, 424-24th St. Featuring charming pub atmosphere along with good drinks, good food and friendly service. Delicious soups and chowders, daily gourmet specials from chicken cacciatore to bouillabaisse, fresh crusty bread, aged prime ribs and steaks, dessert drinks plus Key lime pie are served. Service is continuous for luncheon from 11:30 a.m. Tuesday through Saturday. Dinner from 5 until 11 p.m. weekdays and until 11:30 p.m. Friday and Saturday. Closed Sundays and Mondays. Reservations are suggested. 833-4997.

**Tony Roma's**, 2215 Palm Beach Lakes Blvd. The place for barbecued baby-back ribs and great French-fried onion rings. Or go for barbecued chicken, pan-fried brook trout, a burger or a steak. They're open from 11 a.m. until 1 a.m. Monday through Thursday and until 3 a.m. on Friday and Saturday. Sunday hours are 2 p.m. until midnight. No reservations. 689-1703.

**Willie's Fresh Seafood Restaurant**, 1681 N. Military Trail. Featuring attractive rooms with courtyard and spacious bar, Willie's has fresh fish in season. Veal Oscar features provini veal topped with crabmeat. Fresh grouper with linguine and shrimp marinara are good choices as is the clambake for two. 686-6062.

**Yamato Steak House of Japan**, Pine Trail Plaza on Okeechobee Boulevard and Military Trail. Raw steak, chicken, shellfish and vegetables are grilled at the table by Japanese chefs. Five-course dinners feature sirloin, filet mignon, sesame chicken, shrimp, lobster and scallops. Tempura shrimp and vegetables are also good. To quench your thirst there is plum wine, sake and Japanese beers. They're open Monday through Saturday, 4:30 to 11 p.m. and Sunday 2 to 10 p.m. 686-3508.

## LAKE WORTH

**Alive & Well**, 612 Lake Ave. Serving food for health such as salads, sandwiches and homemade soups. Dinner entrees include baked eggplant and stuffed avocados. Freshly squeezed juices, natural ice cream, hot carob sundaes and other desserts are on the menu. Wine and beer are served. No smoking. 586-8344.

**Cafe Vienna**, 915 Lake Ave. Substantial, home-cooked fare such as sauerbraten and potato dumplings, spaetzle and wiener schnitzel are featured. Desserts are a delight — sachertorte and the German schwarzwalder kirschtorte and apple strudel. 586-0200.

**Dragon Inn**, 6418 Lake Worth Road in Lake Worth Plaza. Cantonese, Mandarin and Szechwan style dishes are served. Hong Kong steak, lemon chicken and Mandarin shrimp are on the menu. Open for lunch and dinner. 965-0418.

**L'Anjou**, 717 Lake Ave. Entrees include crepes, omelets, eggs Benedict, beef Wellington and duck pate. You'll like this small French restaurant. Open for dinner only. 582-7666.

**Lovin' Oven**, 4526 Lake Worth Road. This casual eatery makes the most of the fresh breads and rolls its bakery turns out each day. Freshly baked rye is the base for the Reuben, French bread for the roast beef au jus and either a soft braided roll or a hard "bulkie" (steamed roll fashioned of challah dough) for the 7 1/2 ounce burgers. Soups are made from scratch and salads are a feast. Open every day for breakfast and lunch, but you can grab a bite from the bakery until 7 p.m. Takeout and catering are also available. 433-5000.

**Oriental Express**, 375 S. Military Trail. Chinese fare in attractive and comfortable surroundings. The menu reflects some of the best of Cantonese, Mandarin and Szechwan styles of cooking. For mushroom lovers, Triple Mushroom Cow teams strip steak with straw,

button and black mushrooms and snow pea pods in oyster sauce. Luncheon and dinner. 968-3550.

**Pancho Villa**, 4621 Lake Worth Road. Mexican and a few South American favorites: real tamales steamed in corn husks, chiles rellenos, tacos and enchiladas. Soncocho stew, a specialty of the house, is a tasty concoction of meat, yucca and plantains. Mexican beer is available. Service from 10:30 a.m. every day. Takeout or eat in. 964-1112.

**Swedish Steakhouse**, 824 Lake Ave. Scandinavian fare in a pleasant setting. Luncheon specialties range from Swedish meatballs with lingonberries to braised brisket with horseradish. Grilled salmon and flounder are seasoned with dill and beef tartare is freshly "scraped" tenderloin or strip steak. Luncheon hours are 11:30 a.m. to 2:30 p.m., Monday through Friday. Dinner is served Tuesday through Saturday, 5 to 9 p.m. Sunday hours are 11:30 a.m. to 8 p.m. 585-1937.

**Tijuana Express**, 5380 10th Ave. Petite Mexican restaurant, tucked away a mile west of Military Trail on 10th Avenue. Handmade corn chips and corn and soft flour tortillas are used to make enchiladas, tacos, burritos, quesadillas and other Mexican foods. Dine in or takeout. Miniature versions of chimichangas and burritos sold by the dozen. 969-0666.

## LANTANA

**The Ark**, 2600 W. Lantana Road. Meat, seafood and fowl — and plenty of it — are available at affordable prices. The roast prime rib comes in four cuts from eight to 24 ounces or try the "elephant" 16-ounce strip. Tropical setting and an animal-related menu carry out the Noah's ark theme. Reservations not necessary. 968-8550.

## BOYNTON BEACH

**Banana Boat**, 739 E. Ocean Ave. on the Intracoastal. Dine on the patio or in the lounge with views of the waterway. Featured are soups, hearty sandwiches and burgers. Entrees include coconut shrimp, fresh Florida lobster, shrimp scampi and filet mignon. Open daily for lunch and dinner. 737-7272 or 428-3727.

**Chef's Touch**, 1002 N. Federal Highway. Handwritten menu is table d'hotel and changes daily. Prix-fixe offers a choice of five entrees, two appetizers, choice of soup, sorbet, salad, cheese and dessert. A la carte menu offers Irish smoked salmon and escargots or choice of hors d'oeuvres from the fixed menu. Entrees range from steaks, fish and rack of lamb for two. Service is formal but not pretentious. Pleasing ambience with cozy corners and a small dining room for private dining. Luncheon and dinner. Closed Monday. Reservations suggested. 732-5632.

**Elina's Mexican Restaurant**, 3633-B S. Federal Highway. This unpretentious restaurant seats around 60 from 11 a.m. until 11 p.m. Soups, enchiladas, tamales, tortillas, burritos and the puffy sopapillas served with honey are available. Closed Mondays. 732-7252.

## DELRAY BEACH

**The Arcade Tap Room**, 411 E. Atlantic Ave. One of Delray's oldest restaurants, The Arcade Tap Room features a range of beef and seafood entrees, including a fine prime rib. Dine amid music from 7 to 11 p.m. Daily luncheon specials are also featured. Lunch, 11 a.m. to 5 p.m.; dinner, 5 to 10 p.m. Closed Sundays. Reservations suggested. 276-0401.

**Erny's**, 1045 E. Atlantic Ave. This friendly, neighborhood restaurant boasts a delicious broiler menu of steaks and chops. Seafoods include shrimp scampi and seaflo Newburg. Extensive luncheon menu features homemade soups, salads, sandwiches and seafood platters. Lunch, 11 a.m. to 3 p.m.; dinner, 6 to 11 p.m. Closed Sundays. 276-9191.

## BOCA RATON

**Bali Plaza**, 21212 St. Andrews, in the Village Square shopping center. Indonesian-Chinese fare is served in a chic setting. The famous rijstaffel is a specialty for two while the schools of Hunan, Cantonese and Szechwan are represented in the Chinese specialties. The Szechuan sliced duck cooked with hot peppers is excellent. 391-6676.

**Casa Gallardo**, 353 Town Center Mall. Authentic Mexican dinners, appetizers, desserts and drinks are served. Chimichanga featuring a large crisp tortilla, juicy chunks of beef and pork, and Monterey jack cheese is tremendous. Double-frozen Margaritas are a specialty. Open seven days, 11:30 a.m. to midnight. 368-1177.

**Chez Marcel**, Royal Palm Plaza on Federal Highway between Camino Real and Palmetto Park Road. Cozy French Bistro. Menu geared to seasonal foods. Sea scallops with Belgian endives, fresh salmon with morels and melt-in-the-mouth seafood mouselines. Lamb steak and sirloin in Madagascar green peppercorn sauce. Limoges china and French glassware but moderately priced. 368-6553.

**Dominic's**, I-95 and Glades Plaza in the Holiday Inn. A first-class restaurant with romantic, "Italian Village" atmosphere offers excellent Italian fare including a parade of veal dishes. Pasta is prepared Bolognese style, carbonara or with seafood. They also feature a broad selection of wines. Open for dinner only from 5 to 10 p.m. Sunday through Thursday and until 10:30 p.m. Friday and Saturday. 368-5200.

**La Vieille Maison**, 770 E. Palmetto Park Road. "The Old House," a gem of the Addison Mizner era, offers a romantic setting for dining. The food is excellent, the service sophisticated and the ambience agreeable. Spectacular wine list is available in this five-star Mobil award-winner. 391-6701.

**Sweetwater Barbecue Rib House & Grill**, Glades Plaza. As the name implies, this family restaurant features Southern barbecue ribs and ranch-style chicken. Fresh fish of the day and a selection of charbroiled entrees are also favorites. Lunch is served from 11:30 a.m. to 2:30 p.m. and dinner is served from 5 p.m. Takeout is available. 368-7427.

**Tom's Place**, Glades Road and Old Dixie Highway. Soul food restaurant with good down-home cooking serves great ribs plus catfish and hush puppies, fried chicken, cornmeal muffins and collard greens. Inside offers a homey atmosphere. Takeout is available. 368-3502.

**Tycoons**, 2350 Executive Center Drive in the Arvida Center. Elegant but casual ambience located in Boca's financial hub. Native fish is a specialty. Seafoods include yellowtail, Florida red snapper and grilled swordfish. Steaks, veal chops and lamb chops are offered. Burgers, sandwiches, salads and special luncheon entrees. No reservations. 994-2269.

**Wildflower**, Palmetto Park Road at the Intracoastal. Waterfront cafe serving luncheon and dinner daily. Salads, omelets, steaks, quiches, crepes and burgers. Dancing after 9 p.m. 391-0000.

## PALM BEACH GARDENS

**The Explorer's Club**, PGA Sheraton Resort, 400 Avenue of the Champions. This gourmet dining room offers specialties from around the world. Appetizers include Russian piroshki and Japanese shrimp sushi. Entrees range from tenderloin of lion to venison. Red snapper is prepared Caribbean Islands style with cilantro. Lamb chops are wrapped in strudel pastry and spiked with Greek retsina. Open 6 to 10:30 p.m., Friday and Saturday until 11 p.m. 627-2000.

**Ristorante La Capannina**, 10971 N. Military Trail, PGA Boulevard and Military Trail. Italian fare is prepared and served with finesse. Pasta special fresh daily, rigatoni alla vodka, cannelloni and fettuccine Alfredo are offered. Veal specials include broiled or stuffed veal chops, saltimbocca and zingara. Zuppa di pesce and frittura di calamari and gamberi are popular fish items. Open for lunch and dinner. Full service bar. 626-4632.

## NORTH PALM BEACH

**Bentley's**, 730 U.S. Highway 1. You'll find excellent service and an imaginative menu. Chilled poached salmon with dill sauce is among the appetizers. Homemade soups, fresh "al dente" vegetables in season and rosin-baked potatoes are offered. You can top your prime rib with fresh asparagus and crabmeat in bearnaise sauce. A better-than-average wine list is reasonably priced. Colorful church windows and plants provide a handsome atmosphere. 842-6831.

**Le Gavroche**, 1201 U.S. Highway 1, in the Crystal Tree Plaza. European decor and ambience. Country-style duck terrine with homemade bitter-orange marmalade and rack of lamb with fresh herbs are just a sampling of what is offered. Breads and French pastries are baked on the premises. The chef served his apprenticeship at Georges Cinq in Paris. Open for luncheon and dinner. Full bar open all day. 626-5502.

**Jack Baker's Lobster Shanty**, 211 N. Federal Highway. Lobsters, broiled or boiled, priced according to size, plus a delightful array of fish and seafood are served. Steamer clams are served with broth and butter, Chesapeake Bay soft-shell crabs and fresh-caught native fish. Open 4:30 p.m. daily. No reservations. 842-7233.

**The Fisherman's Cafe**, 661 N. Federal Highway. This charming restaurant resembles the gingerbread homes in Old Town Key West, with its wide veranda set with white wicker chairs. The Cafe offers some of the best fresh fish in the area, plus such delights as fresh oysters Rockefeller with Pernod and shrimp scampi in fresh tarragon butter sauce. Specialties change daily. Don't pass up the Key lime pie. Lunch only. Dinner from 4:30 to 10 p.m. Sunday through Thursday and 4:30 to 10 p.m. Friday and Saturday. No reservations. 848-9600.

## RIVIERA BEACH

**Crab Pot**, 386 E. Blue Heron Blvd. under the Riviera Beach bridge. Eat blue crabs, catfish and shrimp steamed in

beer, while you smell the sea air. Open for lunch and dinner every day. 844-9245.

**Portofino**, 2447 Ocean Blvd. This Italian cafe has a view of the ocean. Try their lasagna and ravioli with homemade noodle dough. Other Italian favorites are offered at modest prices. A beautiful espresso machine turns out fantastic coffee and cappuccino creations. Pastries and pizza also are on the menu. 844-8411.

### LAKE PARK

**Cafe du Parc**, 612 Federal Highway. Charming French restaurant in a house features boneless duck with green peppercorns, quail, sweetbreads, beef Wellington, Dover sole and salmon en croute. Desserts are special. Open for dinner only. 845-0529.

### JUPITER-TEQUESTA

**Cobblestone Cafe**, Gallery Square North at 383 Tequesta Drive. Blackboard specials change daily. Plum de veau veal prepared en croute, rack of veal, veal chop stuffed with ham and cheese, and veal francaise. Specialties include duck with bing cherries, breast of capon and shrimp with mustard sauce. Fresh vegetables, homemade soups and fine pastries. Luncheon and dinner. 747-4419.

**Harpoon Louie's**, 1065 SR A1A. Located on the shores of the Jupiter Inlet, with view of the Jupiter lighthouse — this is a casual all-around restaurant where one can enjoy "munchies" and entree specialties under \$10. Imaginative breakfasts from 7 to 11 a.m. feature freshly baked items by Irish pastry chef, an English-style mixed grill and unusual breakfast entrees such as poached eggs served over sliced avocados and topped with bearnaise sauce. Lunch is from 11 a.m. to 5 p.m.; dinner from 5 until 10 p.m. Dine casually on the canopied porch. 747-2666.

**La Caravella**, 350 U.S. Highway 1 in the Jupiter Bay Shops. Enjoy the happy marriage of Italian cuisine with a French touch. For luncheon, chicken in champagne, veal piccata, eggs Benedict and outstanding cold entrees such as poached salmon with Russian salad. Roasts carved at the table for dinner. Seafood runs the gamut from zuppa di pesce to froglegs provencale and Dover sole. 744-1978.

## INDIAN RIVER COUNTY

### VERO BEACH

**Driftwood Inn**, 3150 Ocean Drive. On the ocean in the picturesque Driftwood Resort, this handsome restaurant fashioned of brick, antique wood and glass offers a varied menu: ossa buco, smoked chicken, mushroom and spinach salad, and fettuccine Alfredo. Prime meats and fresh fish are grilled over mesquite charcoal from Texas which imparts a unique and delicious flavor. Another specialty is their international coffee bar. Open for dinner 5:30 to 10 p.m. 231-0336.

**Forty-One**, 41 Royal Palm Blvd. Imaginative French chef, elegant decor and French service combine to make this restaurant one of Florida's best. Fresh oysters topped with caviar and creamy horseradish sauce, seafood bisque, iced cucumber soup, sweetbreads, seafood crepe Brittany, grouper Bonne Femme, bouillabaisse and sauteed shallots are featured. They're open Monday through Friday, 12:30 to 2:30 p.m. and 6 to 10 p.m.; Saturday and Sunday, 6 to 10 p.m. 562-1141.

**Ocean Grill**, Sexton Plaza. On the ocean and a survivor of the ocean sprays and wind for more than 50 years, this landmark seems fashioned of driftwood. Inside there is a museum of wrought iron ships' bells, stained-glass windows and mahogany. Feast on Indian River lump crab caught in the river at the restaurant's back door, plus local fresh fish. The kitchen turns out blueberry-pineapple muffins, bread, cakes and an authentic Key lime pie. Good steak and daily specials also are featured. They're open Monday through Friday from 11:45 a.m. to 2:30 p.m.; Monday through Saturday 6 to 10 p.m. and on Sunday from 5 to 9:30 p.m. 231-5409.

**P.V. Martins Beach Cafe**, 5150 N. A1A, between Fort Pierce and Vero Beach. This oceanfront restaurant has a casual, Florida atmosphere. Items from seafood and alligator tail and oysters conch-style to barbecued ribs are served. 465-7300 or 569-0700.

## MARTIN COUNTY

### JENSEN BEACH

**Frances Langford's Outrigger Resort**, 905 S. Indian River Drive. Polynesian setting on the Indian River offers Polynesian and American fare. Try the Outrigger Tiki, a combination of sliced barbecued pork, chicken and lobster with Chinese vegetables and served with a secret sauce. Open every day. Luncheon is served noon to 3 p.m.; dinner, 6 to 10 p.m. Come by boat or car. 287-2411.

## STUART

**Benihana of Tokyo Steak House**, on the St. Lucie River at the bridge on Ocean Boulevard. Hibachi cuisine is cooked at the table. Japanese chefs perform their unique skills with flashing knives as they prepare steak, shrimp and vegetables in full view of the diners. Eat with "waribashi" (Japanese-style chopsticks) and try a sake martini presented with a slice of cucumber instead of an olive. Lunch and dinner. 286-0740.

**Conchy Joe's**, 3945 N.E. Indian River Drive. Splendid views of Indian River. Raw bar snacks from 11:30 a.m. until 10 p.m. Luncheon and dinner menu offers fish, steaks and ribs from the wood grill, plus alligator and Bahamian conch chowder and fritters. Dozens of exotic tropical drinks, Key lime pie. A fun place with "old Florida" ambience. 334-1130.

**Jake's**, 423 S. Federal Highway. Their salad bar features clams on the half shell, soup kettle of the day, steaks, fish and sandwiches. Sit by the fire if it's cool; read a book if you like. Lunch is served Monday through Friday, dinner every day. 283-5111.

## BROWARD COUNTY

### DEERFIELD BEACH

**Pal's Captain's Table**, Hillsboro Beach Boulevard and the Intracoastal Waterway. Come by auto or boat. Pal's menu features fresh seafood, salads and traditional favorites with continental service and Intracoastal views. Special, lighter-appetites menu has complete but "unstuffy" meals. Fresh-baked desserts are offered. Open for lunch, dinner and Sunday brunch. 427-4000.

### LIGHTHOUSE POINT

**Cap's Place**, 28th Court. This offbeat restaurant is accessible by boat only. Drive your car to the dock, turn on the light and a boat will take you over. Specialty is seafood. Call for exact address. 941-0418.

### POMPANO BEACH

**Harris Imperial House**, 50 N. Ocean Blvd. It doesn't look like a Chinese restaurant, but legions come for the Cantonese as well as American fare. Evening luau buffet is extremely popular and the price is right. They serve lunch and dinner. 941-2200.

### FORT LAUDERDALE

**Bryan Homes Restaurant**, 301 S.W. Third Avenue. Situated on the New River, in Fort Lauderdale's Historic Center, two century-old homes converted into a restaurant offers old-fashioned private dining parlors. Sherbets, ice creams, breads and soups prepared daily. Pompano with macadamia nut butter, beef Viennese, Chicken ala Ritz, creole and seafood dishes. Chocolate meringue rings. Luncheon and dinner and on Saturday and Sunday 12 to 3 p.m. New Orleans brunch. Valet and docking services. Reservations suggested, but not required. 532-0177.

**Casa Vecchia**, 209 N. Birch Road, situated on the Intracoastal Waterway. An exciting restaurant conceived by the proprietors of Down Under and La Vieille Maison. A charming old house transformed into an engaging Mediterranean restaurant, featuring the ultimate in northern Italy and French Riviera cuisine. Reservations are a must. 463-5465.

**Down Under**, 3000 E. Oakland Park Blvd. Truly down under the Oakland Park bridge. Sit at tables according to your mood — patio, porch, balcony, waterfront, garden or tavern. Dine on great food and wine. It is always bustling with customers. They serve lunch Monday through Friday. Dinner 6 to 11 p.m. daily. 563-4123.

**Le Dome**, 333 Sunset Drive. A panoramic view of the city is offered in this rooftop restaurant with an extensive and imaginative menu. Osso buco, rack of lamb and San Francisco's cioppino are on the menu. Open 6 to 11 p.m. daily. 463-3303.

**Les Trois Mousquetaires**, 2447 E. Sunrise Blvd. It's worth a visit just for the pastry cart. Classic French cuisine is served. 564-7513.

**Orsini's**, 2400 E. Las Olas Blvd. Famed Manhattan restaurant brings a romantic ambience and sophisticated Italian cuisine to South Florida. Windows of the restaurant overlook garden and courtyard of flowers, waterfalls and exotic birds. A la carte menu features pastas which range from tortellini to fettuccine with imported Italian mushrooms. Also gnocchi and risotto with seafood. Carpaccio is among the appetizers, and arugula and radicchio salads are popular. Scampi alla Romana and chicken breasts with artichokes are Orsini specialties. 467-2400.

**Renaissance**, West of Fort Lauderdale off S.R. 84 at Bonaventure Inter-Continental Hotel and Spa. Exquisite and expensive fare is served on Royal Doulton china. Appetizers include oysters topped with leeks gratinee,

lobster medallions and escargots en croute. Entrees include duckling, rack of lamb, chateaubriand and veal chops. Dining room overlooks spectacular waterfalls. Dinner only. 474-3300.

**Sea Watch**, 6002 N. Ocean Blvd. Dine where the windows open to the ocean breezes or in air-conditioned comfort in this extraordinary multilevel structure of weathered wood. Enjoy seafood or beef. Prime ribs are roasted in rock salt and served with creamy horseradish sauce. Other specialties include ocean-fresh Florida pompano and red snapper, plus the catch of the day, bouillabaisse and delicious conch chowder. Luncheon fare offers a variety of special salads, Danish sandwiches and hot entrees such as coquille St. Jacques. 781-2200.

**Yesterday's**, Oakland Park Boulevard at the Intracoastal. Main dining room serves Continental/American fare, the gourmet Plum Room offers a special menu with the added attractions of foot pillows and telephones at the tables. The Upstairs Porch is a greenhouse saloon with view of Intracoastal. 561-4400.

## DADE COUNTY

### MIAMI BEACH

**The Dining Galleries** (Fontainebleau Hilton), 4441 Collins Ave. Enjoy elegant dining in a classical atmosphere. Crown roast of lamb, bouillabaisse, chocolate marble cheese cake and dessert drinks are on the menu. Come for Sunday brunch. 538-8811.

**El Bodegon-Castilla**, 2499 S.W. 8th St. Spanish cuisine. Seafood paella plus the traditional paella are served. Caldo Gallego and snapper with green sauce are favorites. 649-0863.

**The Forge**, 432 Arthur Godfrey Road. Decor is on the baroque side, with crystal chandeliers and stained glass. Steaks are served with imaginative toppings. Fifty-page wine list is available. 538-8533.

**Gatti**, 1427 W. Ave. The second oldest restaurant on Miami Beach (Joe's Stone Crab has a few months' seniority) specializes in Northern Italian dishes, steak and seafood. Intimate atmosphere and excellent service by waiters who have been there up to 30 years. Closed Mondays. 673-1717.

**The Good Arthurs**, 790 N.E. 79th St. located on a causeway leading from Miami to the beach. Dine indoors or outdoors. Enjoy some of the best seafood in Florida — dolphin, snapper almonde, a bountiful Caribbean bouillabaisse. 756-0631.

**The Prince Hamlet**, 19115 Collins Ave. North Miami Beach. Originally established in 1969, the Prince Hamlet restaurant has reopened in a new location on Miami Beach. Still featuring the famous 52-foot Danish cold table with every meal, entrees include red snapper papillote, Dansk roast duck, veal oscar, weinerschnitzel, rack of lamb, and the Danish cutlet of beef for two. Piano music featured nightly. 932-8488.

### CORAL GABLES

**Le Festival**, 2121 Salzedo. Cheese souffle appetizer is a delight. Entrees include duckling a l'orange flamed in Grand Marnier, chicken in champagne sauce. The patissier turns out a delicious assortment for the dessert cart. Full bar. 442-8545.

## MONROE COUNTY

### ISLAMORADA

**Green Turtle Inn**, at mile-marker 81.5 on U.S. Highway 1. The menu features conch and turtle flipper chowders, fresh fish and Key lime pie. Open every day except Monday from noon until 10 p.m. 664-9031.

### KEY WEST

**A & B Lobster House**, 700 Front St. This family restaurant, located on the water next to the shrimp boat docks, offers excellent, fresh seafood. Specialty is the house grouper, pan-fried in an egg batter and finished off under the broiler, according to manager Jimmy Felton whose grandfather built the restaurant. 294-2536.

**Fogarty's 1875 House**, 227 Duval St., in the old Key West area. There is plenty of atmosphere here, as well as a menu featuring Continental, seafood and curry specialties. 296-9592.

**Pier Restaurant**, (Pier House Motel), 1 Duval St. People with a penchant for dining on the water will be delighted with the four-sided view here. Luncheon specialties include fish fingers and seafood quiche. A large dinner menu offers everything from grilled Florida grouper in dill sauce to roast rack of lamb. A house favorite, the seafood catch for two is similar to paella, but very distinctive. 294-4691.

**Poor Richard's Italian Garden and Butterly**, 1208 Simonton St. This is one of the more interesting places in the area. 294-9020.

vivid reminder of the historic Crusades.

In the afternoon the usual fare is to take a short bus trip to the village of Lindos, on the other side of the island. Picture-postcard perfect, this town is not to be missed. The starch white buildings high atop a hill are magnificent when contrasted with the blue-green ocean below. The view of St. Paul's Bay — where the apostle was supposed to have dropped anchor on his way to Ephessos — is breathtaking.

The itinerary calls for one day in Rhodes, and it's a very relaxing way to spend the daylight hours.

The largest portion of the next day is spent at sea with the ship docking in the Egyptian port of Alexandria. It is strongly recommended that tourists leave the ship at this point and take the optional overnight tour to Cairo.

**Cairo** — The trip to Cairo from Alexandria by bus is a fair jaunt — approximately four hours through the poor countryside. The startling contrast to Greece is immediately apparent. There is much poverty here, and the city of Cairo has a population of some 12 million.

The overnight stay is at the Cairo Marriott Hotel, a beautiful reconverted palace. It is an immense structure with unusual features. Wandering into the hotel's casino gives you a hint of the international flavor that this city features. It's a good idea to get a good night's sleep because the next day's agenda is somewhat fatiguing.

The day starts off with a tour of the Pyramids, the most famous symbols of Egypt. Tourists have the option of walking up the hill or taking the traditional camel ride. Egyptian children stationed at the pyramids sell everything from postcards to pieces of the structures themselves. After the pyramids, it's back to the bus and over to the nearby Sphinx statue. The itinerary in Cairo is a bit rushed, but a lot can be absorbed in one day.

After a brief shopping stop, it's on to lunch at the Cairo Hilton. The highlight of this day for many visitors is the tour of the Egyptian Museum of Antiquities, which houses the famous Tutankhamun collection. Those who saw the partial collection when it toured the United States a few years ago will be surprised at how many pieces were left in Egypt. The museum is absolutely fascinating and should not be missed by anyone who gets close enough to Cairo. Following the tour of the museum, tourists are loaded back on the bus for the

ride to the ship, which has simultaneously sailed to Port Said. The next day the ship is docked in Ashdod, Israel.

**Israel** — Ashdod is the port for your full-day tour in Israel, where you will visit Bethlehem and Jerusalem. The cleanliness of this country is the first thing that strikes you. There is virtually no dirt to be seen anywhere. The countryside is beautiful, and it's a very pleasant ride to Jerusalem. There are so many things to see here, that by the end of the day, you can't believe all the places you've been. The guides provided by Sun Line Tours are wonderful; they pro-

## *'a panorama of beauty outside the large windows'*

vide the best way to make the most of the trip.

In one day you will see the famous Dome of the Rock, built by the Damascus caliph, Abdul-Malik. You will visit the Mount Of Olives and the Via Dolorosa "Way of Sorrows" to follow the Stations of the Cross. The tour goes on to Calvary and into the Church of the Holy Sepulchre. In Bethlehem one will see the place of Christ's birth. In Jerusalem the Old City is divided into the Christian, Moslem, Jewish and Armenian Quarters and you can see them all. The Wailing Wall, one of the last stops, is a high point of interest for most tourists. Before you head back to the ship, there's one more stop on the agenda — the Garden of Gethsemane, where Christ kept his vigil among the olive trees before his journey to the cross.

The country taken as a whole is startling in its contrasts. The old is mixed with the new. There are different religions and many languages — it's a potpourri of interesting facets. The Israelis are very friendly and gracious about showing off their country. You will even see armed soldiers, but it's not as worrisome as you might expect.

Following this action-packed day is a much-welcomed respite in a day at sea. The next day brings two stops in two different countries — Samos, Greece and Kusadasi, Turkey.

**Samos** — This is a shopper's paradise. There are many Greek items which are sure to catch the American tourist's eye. If shopping doesn't interest you, it's fun to drink Greek coffee or ouzo at the seaside cafes here. Nearby are the tiny

villages of Hora and Mitilini, where recent excavations have unearthed fossils some 13 million years old. Natives can also tell you about other interesting spots which you can visit by cab. You're also likely to hear a legend or two.

Following the four-hour tour of Samos, the boat sails on to the final stop — Kusadasi. It's only two hours away, and the rest of the daylight hours are spent there.

**Kusadasi** — Now a popular resort, Kusadasi is known mainly for its proximity to the famous archaeological site at the ancient city of Ephessos. Most of the tour is devoted to this historic spot. The city was founded in the eighth century B.C. and flourished until it was destroyed in the sixth century B.C. In the third century B.C., the city was rebuilt by the Greeks. This is the site tourists visit today. The ancient ruins are very impressive, and the legends are fascinating.

Before heading back to the ship, it's imperative to take advantage of the fabulous bargains on leather goods in Kusadasi. Belts, jackets, purses, shoes and leather sweaters are priced unbelievably low. Many on the tour loaded themselves down with jackets and leather goods, and only a few failed to take something back to the ship.

Once on board, the festivities for the final night of the cruise begin. The entertainment is wonderful and the dancing goes on 'til early morning. When the boat docks the next day in Piraeus, it's a sad occasion for many. Indeed, a unique aspect of Sun Line Cruises is the number of repeat passengers the firm generates. A cocktail party held on board for "repeaters" was attended by one couple sailing for their seventh time with the cruise line.

As noted earlier, pre- and post-cruise travel plans are flexible. For most patrons of this trip, the two-day stay in Paris falls at the end of the vacation. Air transportation to Paris is via Air France as is the return flight to the United States. By the end of the 15-day vacation, many on board have had a chance to make some new friends. The parties during the cruise facilitate the making of friendships as does the casual, relaxed atmosphere only a luxury cruise can provide.

Without a doubt, the Greeks are lively, fun-loving hosts. And Sun Line is always adding new ports of call to its various itineraries — so check with your travel agent. □

*Ellen Koteff is the editor of the Palm Beach Daily News.*

(Continued from page 17)

the abortion issue, *The Cider House Rules* is an engrossing novel, vivid and pulsing with life.

**W**ho says writers of TV mini-series can't write very passable novels? As proof positive that it's possible, Meredith Rich, a pseudonym for the creator of the T.V. show *Bare Essense*, has turned out a diverting modern love story that's titled *Little Sins* (Doubleday, \$16.95). Written with zest, the novel centers on three yuppies — Lydia, June and Alex — who met as Yale undergraduates when it was as chic to be a Yippie as it is now to be a yuppie. Alex turns out to be a talented playwright, Lydia has become an accomplished actress, and June makes her mark as a set designer. Guess what? Alex falls in love with both women and they with him, so they set up a menage a trois; but three to a bed inevitably leads to jealousies and the triangle breaks apart. Each partner makes his/her own way through various career choices and love affairs. The worlds of advertising, fashion and film get brief run-throughs until the three principals are reunited in a project for a New York nightclub. At this point, the matter of who's partners with whom rises again, and there's a solution of sorts. *Little Sins* is a neatly composed book of fun and games — just the sort of page turner that's called for in July.

**N**ovels that are spoofs, if they are well done, almost always tickle my funny bone because they reduce the serious to the absurd. One of the best spoofers is Thomas Berger, who has already taken on Western and hard-boiled detective fictions. Now the object of his send-up is the classic spy thriller, which he cavorts with in *Nowhere* (Delacorte, \$14.95). The novel, which is written with just the proper touch of zany glee, tells the story of Russel Wren, a would-be playwright currently working at a New York deli, who is recruited by a CIA-like organization to check into the Sebastiani Liberation Front, a reputed terrorist group in San Sebastian, a tiny state in middle Europe. The plot is pure slapstick, but one aspect or another of it neatly targets and destroys the superheated spy yarns. Berger simply demonstrates how improbable they all are, and he does it with such high good humor that few readers will escape his ironic thrusts.

**S**atire, however, can easily go astray if it's applied with too heavy a hand, as is the case with Stephen Vizinc-

zey's *An Innocent Millionaire* (Atlantic Monthly Press, \$17.95). The author's idea is a good one, for it involves Mark, an unworldly young man who wants to become rich in order to achieve independence. His route to wealth is to search out a galleon from the 16th century that sank in the Caribbean laden with Incan treasure. In pursuit of this supposed royal road to wealth, he falls in love with the gorgeous wife of a Mafia-linked manufacturer of toxic chemicals. Mark, as you may have suspected, finds his treasure but loses Marianne, the beauty, because her husband is vindictive. With his innocence being dispelled, Mark also finds out that his stroke of fortune has attracted corrupt Bahamian officials, crooked lawyers and an art dealer eager for a fast buck. Everyone, it seems, wants a piece of Mark's money. In the



THOMAS VICTOR

Thomas Berger spoofs the classic spy thriller and maintains a pure slapstick plot in *Nowhere*.

end, Mark does find happiness of sorts, for Marianne is true blue. You can easily skip the author's unnecessary philosophizing.

**I**t's difficult to believe that Bret Easton Ellis is a 20-year-old Bennington College student, for this first novel seems like the work of a much more mature and reflective writer. It is *Less Than Zero* (Simon & Schuster, \$15.95), and it is an account of a group of young Californians too rich for their own good and who have gone out of control. The narrator is known as Clay, a teenage New England college student who spends his Christmas holiday at home in Los Angeles with his fun-loving friends. The movie industry is in the near background, and the youngsters shift from party to party, make the drug scene, hang out in nightclubs and engage in

very casual love affairs. What links Clay and his friends is not only their hedonism but also their indifference to their conduct. They just do not care. Ellis writes with powerful candor about young people who give every evidence of existing without a compass. They are truly a lost generation. *Less Than Zero* is brilliant fiction and Bret Easton Ellis is not to be taken lightly as a writer.

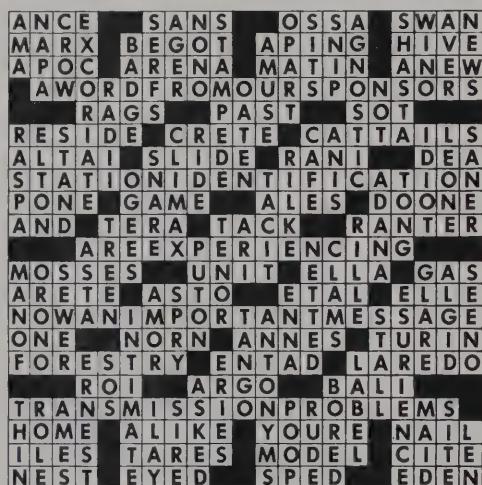
**W**illiam Goldman, the author of 11 screenplays and such novels as *Boys and Girls Together* and *Marathon Man*, has written one of his best dazzlers in *Heat* (Warner, \$17.50), a recital of two weeks in the hectic life of Nick Escalante, a Las Vegas jack-of-many-trades, whose specialty is taking care of the problems of others. In this two-week slice of his life, he helps a man impress his girlfriend, looks out for an evangelist and his wife who are menaced by kidnappers, makes away with a Mafioso and a couple of hit men, and has a run of fantastic luck at the blackjack tables. Nick is a loner, and works without the usual assortment of armaments, but he is by no means defenseless. Goldman, who has one of the best ears for dialogue in the business, makes good use of his specialty in keeping *Heat* moving at a rapid pace. The novel does not make many pretensions, but it certainly fills the bill as a relaxing read.

**F**inally this month, Susan Hayward, one of the classiest actresses of the 1940s and 50s, gets her due in a new biography that seems to get to the heart of her troubled life. Called *Red: The Tempestuous Life of Susan Hayward* (Macmillan, \$16.95), the book is the work of Robert LaGuardia and Gene Arceri. Susan Hayward, who died in 1975, was born Edythe Marrener in 1917; and in her three decades before the cameras she made 56 pictures, including such memorable ones as "I'll Cry Tomorrow" and "I Want to Live!" In Hollywood Susan Hayward was something of a firebrand, a woman of passion, courage and dignity and also a woman of intense sibling jealousy for her older sister and a person who could not seem to find a satisfactory husband. She could be cruel and she could be generous. Her final days were tragic because she was the victim of cancer and of booze. Her biographers tell a plain story, one without an attempt to gussy up the facts, and it makes for fascinating reading. □

Nationally known critic Alden Whitman resides in Southampton, New York.

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MARILYN TULLY

## THE STARS & YOU

### Aries (March 21 - April 19)

With the sun in Cancer this month, Aries can experience conflicts at home, with family and with relationships from the past. Your ruler Mars is also in Cancer and your energies will be directed towards settling conditions at home, making personal decisions about family matters and directing the actions of others involved in these matters as well. You could be changing homes, buying and selling real estate, or making decisions to do so for your future financial security. In this regard, your actions now will make a great difference in your future finances, so consider your time well invested now. Look into the details of wills, insurance, joint finances and investments that you have made in the past. You may find and correct some important errors. On the 11th, Mars will be in exact trine to Saturn in your solar 8th, and you could make a breakthrough in finances at that time.

### Taurus (April 20 - May 20)

The first few days of the month you may experience a lingering feeling of uneasiness and sadness due to recent events, but as the days pass you will feel stronger and more determined to find your own happiness. The full moon on the 2nd culminates a period of decision making about your career or what you consider your "mission" in life. You will have to make some adjustments on your original plans and redesign your future goals at that time. These new decisions may threaten others and the role they planned for you to fulfill, so you can expect some confrontations or attempts at manipulation from others. Hold your ground, as you have made some important changes in the recent past and you do not want to retrace those steps and have to make these changes over again. You are on your own now in many ways.

### Gemini (May 21 - June 20)

Much activity is still in your stars for the month of July. Whatever new things you started last month will become more complicated and will require much of your time. You have family problems to consider, long hours at work feeling that little is being gained, changes in areas of your life that you considered settled, and a general upheaval of your emotional and physical environment. Now is the time to bring out the old philosophy book to get some answers. Trying to understand what is happening to you now can be that confusing. If you are spiritually minded, you will find some answers in that direction, as acceptance of your present situation may be the only way to go. You will rely on your own inner strength to help others, especially family members, during this critical month of personal crisis. Financial problems could develop here if you are not extremely cautious.

### Cancer (June 21 - July 22)

With the sun in your sign this month you have advantages and opportunities of an unusual nature adding to your financial security. Mars joins your sun sign and this will give you the needed energy and drive to make great headway in a personal matter that has plagued you for some time. Making peace with family members seems more possible and more important now. Take this chance to clear the air over long past differences. The work/career area of your life is in a constant flux at this time. You can find opportunities there, while conditions are changing, by moving into a new opening or finding a way to advance more quickly than usual. The full moon on the 2nd works to your advantage ending any negative personal relationships and forcing issues that need confronting. Beware of half truths and untruths on the 30th.

### Leo (July 23 - Aug. 22)

The first half of the month can be frustrating and less productive than pleases you, because the sun is in your solar 12th house. You may even find it necessary to visit the hospital, nurse a friend or family member, or disappear for a time to get your own private life in order. Travel may be necessary to accomplish this goal. You will feel the urge to visit one of your old haunts, or retrace earlier footsteps or go back in history to find your "roots." By the middle of the month you will feel released from this need for reflection and will be back to being the old show-stopper that everyone knows and loves. You are bursting with new ideas on how to make yourself more successful, more independent and more popular, and the 20th is the time to put these plans into action for good results. Saturn is still an influence in your solar chart.

### Virgo (Aug. 23 - Sept. 22)

Time seems to back up now, and this is to your advantage. Some of those important past events that you wish you had handled differently can be changed, rearranged or improved upon. This happens only once in 12 years, so take advantage of this lucky time. The 13th is the day when you have the best insight into your problems and can find a unique way out. Offers may come in at that time for work/career advances that you have been waiting for, and they may clear up some personal problems as well. Keep your mind open and you will find new solutions to old problems at that time. The new moon on the 17th can improve conditions with partners, lovers and mates. You may find yourself mixing business with pleasure at that time, and enjoy every minute of it. This is a month of reviewing the past, reorganizing, renewing love relationships and leisure time.

## Libra (Sept. 23 - Oct. 22)

Although the process has been slow, you are making headway in important business matters and your financial security. You will have an opportunity to turn unhappy conditions around and into a favorable direction on the full moon on the 2nd, by using your excellent debating skills, your connections with important people and your highly developed intuition. The new moon on the 17th is a good time to go to court on matters pending, or to seek legal advice, or initiate legal dealings where you have been unsure of success. Your ruler Venus is now moving through the late degrees of Taurus and into Gemini on the 7th. This creates positive conditions under which you will be able to handle all your correspondence with great ease and satisfaction, travel both mentally and physically, to observe, study, philosophize and find enjoyment in everyday life.

## Scorpio (Oct. 23 - Nov. 22)

The first day of the month brings astrological aspects that make you think deeply and clearly about your general condition and the need to make some important decisions for the future. Throughout the month various aspects of your life will require the toughminded Scorpio in you to take over and control the direction of your life. The full moon on the 2nd makes this clear and sets the pace for the rest of the month. You are now ready to move on to new and better things, make the necessary changes for advancement and have the determination to follow through on the decisions you make. Finances are no longer an issue, and although you will still experience changing conditions in this department, you find that all the unexpected changes are turning out in your favor. Seriously consider any offers made in the first few days of the month.

## Sagittarius (Nov. 23 - Dec. 21)

The first of the month reminds you of the many changes you went through over the last few years and there could be a few moments of panic when you think you may have to do it over again. But relax, after the full moon on the 2nd, conditions will settle down again. You have found a new philosophy on life over these last few years, and now is the time to put it into practice. You have found that many conditions are not in your power to change, especially when it concerns others, so now you are more content to leave others to their own devices and get on with your life. A break from the routine is in order this month and will be enough to keep you happy. It could be a trip or on the 20th you may find a new temporary romantic interest, although it will probably only be in your fantasies. Many Sagittarians will figure out a way to have more than one love at a time.

## Capricorn (Dec. 22 - Jan. 19)

The full moon on the 2nd is more influential on you this month since it is in your sign. You will have an emotional experience that raises your consciousness, brings love into focus, adds romance to your life, and deepens your existing relationships. You tend to be detached and less emotional than other signs, but this does not mean that you do not feel as deeply, but that you may be unable to express these feelings. This full moon phase lasts for 28 days and can bring you in touch with those you care about and love. Fears you had about commitments will dissipate, and you relax with more confidence than ever before. Your career/work life will be dependent on others now, and joining common interest groups, meeting new people and playing a bigger part in community affairs are your best bet for increasing your potential. The 26th and 27th are good days.

## Aquarius (Jan. 20 - Feb. 19)

After last month's action you may feel this is a slow month, but all those recent new beginnings are still in the picture, they may be just temporarily delayed. This is your year Aquarius, and you will find that you are making progress even when you think you are standing still. You will have many chances this month to make new inroads to the goals you have set. You have friends in high places that you may be unaware of, and you can initiate new connections that will increase your power and potential. The 5th, the 21st, the 28th and 29th are the best days for making these connections. Make it a social month and you'll find you are making great progress both in your personal life and in your potential business life. Those of you who have been waiting for a chance to make a job change will see the opportunity now.

## Pisces (Feb. 20 - March 20)

Educational matters take a priority this month, your own as well as others. You are experiencing revolutionary internal changes and your old educational ideas and ideals no longer fit your criteria. It is time to push forward with some new more appropriate training for the new you. This influence lasts throughout 1985 and can be the major influence in your life for that period of time. This month your career/job opportunities can be the reason you want further education. You are willing to expand into new realms of study, experience and awareness. Take this spurt of optimism and energy to set new goals and make new plans for increasing your potential. The 1st and the 28th and 29th are good days for making commitments to these goals. Any legal issues that have been held up can be cleared up to your advantage at this time. □

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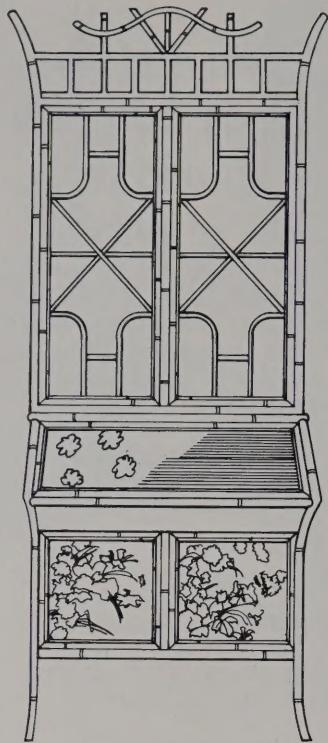
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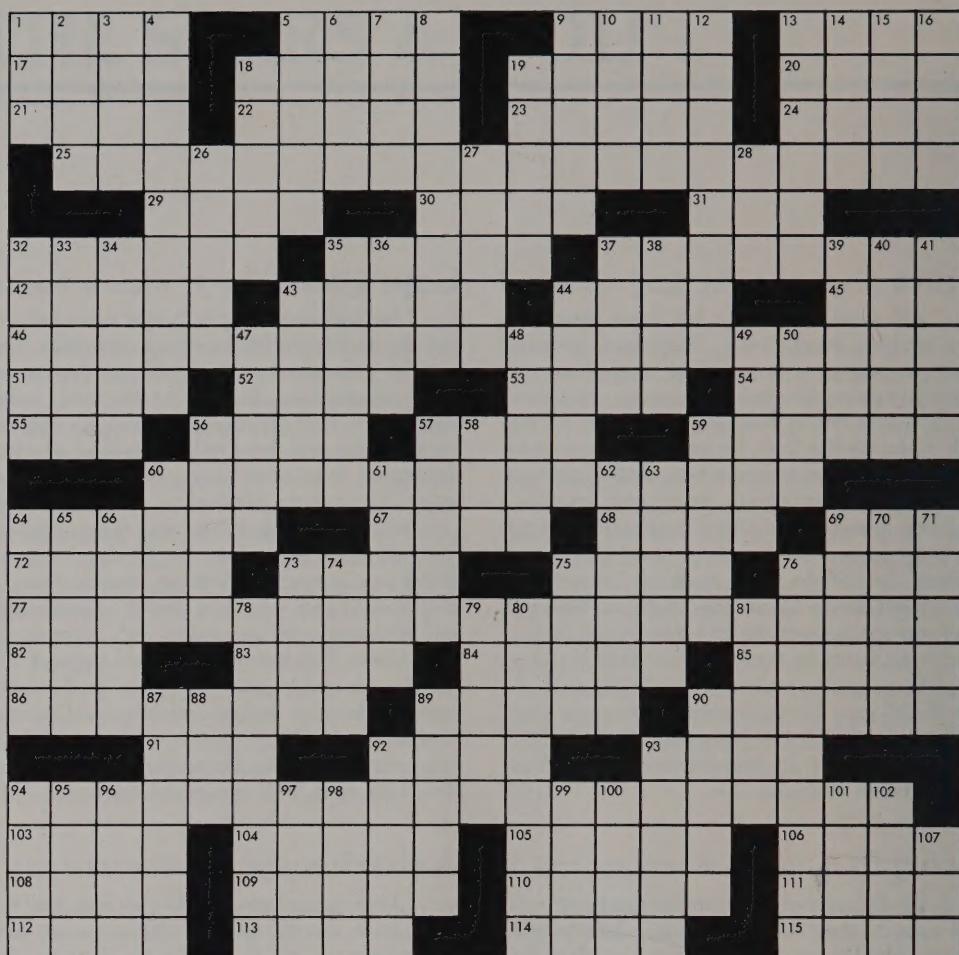
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## TUNING OUT

BY WILLIAM LUTWINIAK



SOLUTION ON PAGE 82

### ACROSS

1 Ending for annoy  
5 Minus  
9 Peak in Thessaly  
13 Leda's visitor  
17 "Manifesto" man  
18 Engendered  
19 Imitating  
20 Busy place  
21 O.T. Book  
22 Rupp, for one  
23 Montreal morning  
24 Freshly  
25 Tune out phrase  
29 Poverty  
30 Historical  
31 Toper  
32 Live  
35 Midas' realm  
37 Marsh plants  
42 Mountains of Asia  
43 Bearish time  
44 Bengal queen  
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69 Petrol  
72 Hogback  
73 Respecting  
75 Handy bit of Latin  
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77 Tune out phrase  
82 Small bill  
83 A Weird Sister  
84 Baxter and Jackson  
85 The Shroud of —  
86 Ranger's expertise  
89 Inward  
90 City on the Rio Grande  
91 Louis XIV, e.g.  
92 Jason's craft  
93 " Ha'! "  
94 See 60 Across  
103 Catcher's spot  
104 Similarly  
105 " the Top"   
106 Hit squarely  
108 Seine real estate  
109 Vetches  
110 Cover girl  
111 Quote from  
112 Grouse house  
113 Gave the once-over  
114 Shook a leg  
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15 State as fact  
16 Network staple  
18 Scout's pride  
19 Get a laugh  
26 Spokes  
27 Of a cereal  
28 Forget-me  
32 Mexican dance  
33 John of show biz  
34 Put up with  
35 Culmination  
36 Canter  
37 Bistro  
38 Cuckoos  
39 Dimwit  
40 Sierra —  
41 Not so goofy  
43 Springer  
44 German poet  
47 Arch types  
48 Understood  
49 City on the Seyhan  
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57 Caruso, e.g.  
58 Exodus hero  
59 Lunar feature

60 Charles' pooch  
61 Sham  
62 Made, after expenses  
63 Seafood  
64 — war  
65 Site of University  
of Maine  
66 Tailor, often  
69 Pitiless publicity  
70 Chilly  
71 " — evil"   
72 Valentine figure  
74 Agile  
75 Formerly Castrogiovanni  
76 Voracity  
78 Close friend  
79 Ballroom dance  
80 Good and bad, for  
instance  
81 Conk out  
87 Mr. Borgnine  
88 Help!  
89 American Indians  
90 Identify  
92 Put a price on  
93 In a state of ennui  
94 Scarcely credible  
95 Ingenue, for one  
96 Nancy or Ed  
97 "Now — me  
down ..."  
98 Progenitor  
99 Kind of deck  
100 Churlish  
101 House help  
102 Position  
107 Actor Deighton

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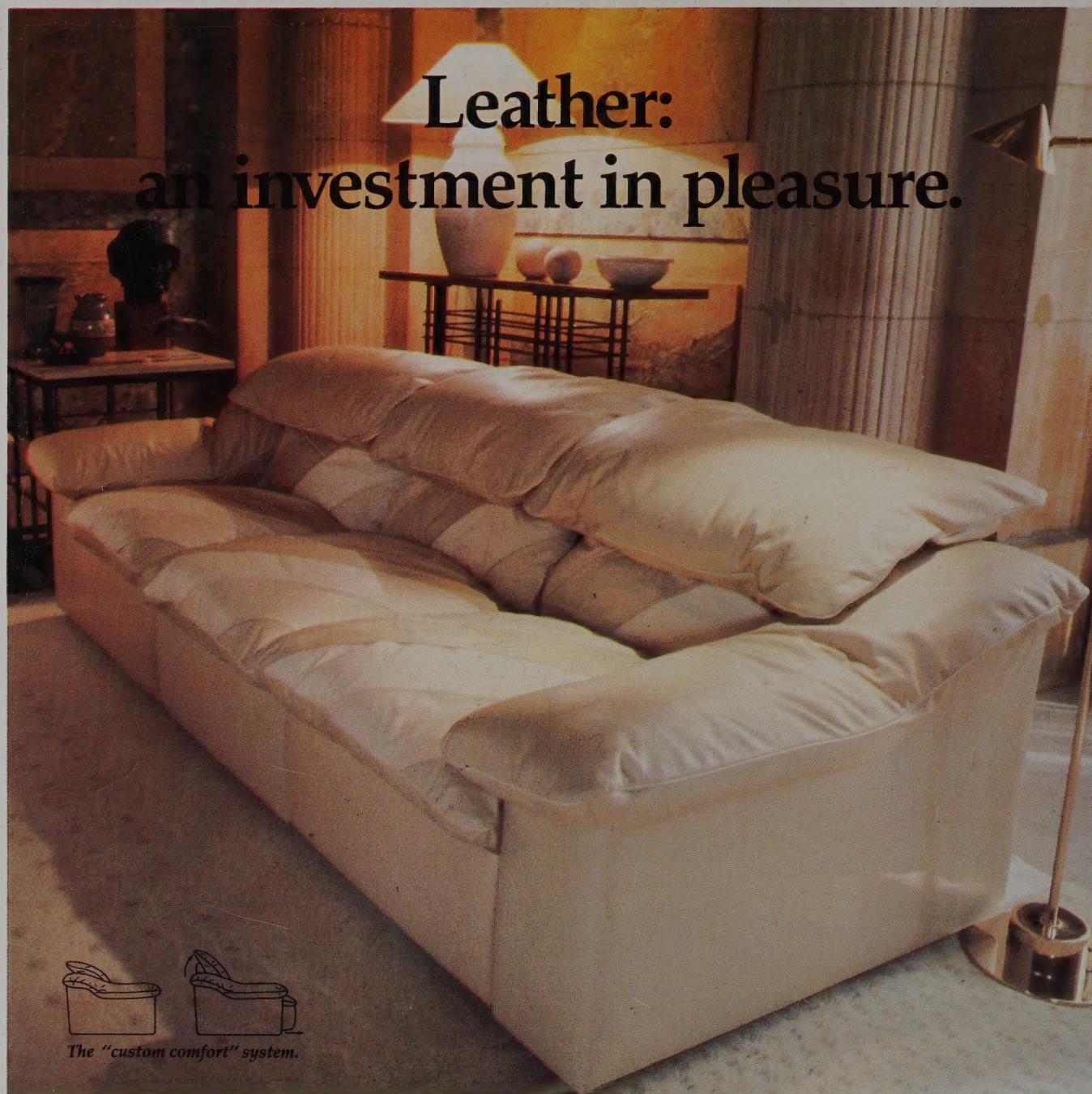
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